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Dietary levels of households in
four regions of the U. S.,
seasons and year 1965-66.
(Unpublished report. House-
hold food consumption survey)

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Dietary Levels of Households in the Four Regions of the United States, Seasons and Year 1965-66. Arletta M. Beloian, Consumer and Food Economics Institute, Agricultural Research Service, U. S. Department of Agriculture

ABSTRACT

Information on the dietary levels of households in the four regions of the United States was collected from nationwide samples of housekeeping households during spring, summer and fall 1965 and winter 1966. This report contains survey data on the average nutritive value of diets for households in four regions by four urbanization groupings and 12 income levels for the year. All-income averages for the individual seasons are given for households in the four urbanization categories of each region.

Recommended Dietary Allowances set by the Food and Nutrition Board of the National Research Council in 1963 were used as guides for evaluating the general diet quality of the households. A household's diet was rated good if the nutritive value of the total food reported by the household as used during the week equaled or exceeded the total allowance for each of seven nutrients, excluding food energy, for all persons eating from the home food supply. Proportions derived from the survey data reveal that good diets were most frequent in the North Central Region during summer, in the South during fall and in the West during spring and fall. Fewer diets merited this rating during the fall in the North Central Region, during spring in the South, and during winter in the West. The proportion of good diets varied little by season in the Northeast.

Calcium, vitamin A value, and ascorbic were found to be short of two-thirds of their respective allowances much more often than protein, iron, thiamin and riboflavin during each season in the household diets of all four regions. A larger share of the North Central diets fell below this standard for calcium in the summer than in fall. Relatively more Western diets were short for calcium in the spring. For calcium in the Northeast and South and for vitamin A value in the North Central and West, the percentages of diets below two-thirds of their respective allowances were about the same from season to season. Vitamin A in diets of Southern households was more frequently short of this level in spring than any other season. In the Northeast the proportion of household diets with vitamin A shortage was about the same for all seasons except summer. Substantially larger shares of spring than summer diets fell below two-thirds of the allowance for ascorbic acid among the North Central and Southern households. Spring percentages were also larger than those for winter in the three regions outside the West.

In each of the four seasons about one-half of the urban 7-day diets in the North Central and South were rated good. In the farm sector, proportions of households with good diets varied from the North Central high of 63 percent to the spring low of 43 percent in the South. Among both urban and

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farm households in these two regions, the frequency of diets short of two-thirds of the ascorbic acid allowances showed greater variation with season than was the case for calcium or vitamin A value.

(717 pages. Table of Contents and List of Tables follow.)

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| 26 | 25 | 24 | 24 |
| 197 | 196 | 195 | 195 |
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| 200 | 199 | 198 | 198 |
| 371 | 370 | 369 | 369 |
| 542 | 541 | 540 | 540 |
| 60 | 50 | 30 | 30 |
| 231 | 221 | 201 | 201 |
| 402 | 392 | 372 | 372 |
| 573 | 563 | 543 | 543 |
| 110 | 100 | 80 | 80 |
| 281 | 271 | 251 | 251 |
| 452 | 442 | 422 | 422 |
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The 1965-66 nationwide survey of household food consumption was conducted by the Consumer and Food Economics Institute, Agricultural Research Service, U.S. Department of Agriculture. The sample was designed and the data were collected and processed by National Analysts, Inc., under contract with the Department. The data were tabulated by the General Electric Company, also under contract with the Department.

Arletta M. Beloian prepared this report, Daniel A. Swope, Chief, Food Consumption Branch, had overall responsibility for publication of the report.

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| North Central..... | 195 | 196 | 196 | 197 |
| South..... | 366 | 367 | 367 | 368 |
| West..... | 537 | 538 | 538 | 539 |
| 4. Per nutrition unit. | | | | |
| Northeast..... | 27 | 28 | 28 | 29 |
| North Central..... | 198 | 199 | 199 | 200 |
| South..... | 369 | 370 | 370 | 371 |
| West..... | 540 | 541 | 541 | 542 |
| 5. Per person by food group. | | | | |
| Northeast..... | 30 | 40 | 50 | 60 |
| North Central..... | 201 | 211 | 221 | 231 |
| South..... | 372 | 382 | 392 | 402 |
| West..... | 543 | 553 | 563 | 573 |
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| South..... | 422 | 432 | 442 | 452 |
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| South..... | 472 | 472 | 473 | 473 |
| West..... | 643 | 643 | 644 | 644 |
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| South..... | 474 | 474 | 475 | 475 |
| West..... | 645 | 645 | 646 | 646 |
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| South..... | 476 | 476 | 477 | 477 |
| West..... | 647 | 647 | 648 | 648 |
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| West..... | 654 | 653 | 652 | 651 | 654 | 653 | 652 | 651 | 654 |
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| West..... | 655 | 656 | 655 | 655 | 655 | 656 | 655 | 655 | 655 |
| Food used: Quantity and money value per person per week (21 meals at home) for year and each season: | | | | | | | | | |
| percent of households using in a week for seasons-- | | | | | | | | | |
| Milk, cream, cheese. | | | | | | | | | |
| 13. Milk, cream, cheese. | 147 | 146 | 145 | 144 | 147 | 146 | 145 | 144 | 147 |
| North Central..... | 316 | 317 | 316 | 315 | 316 | 317 | 316 | 315 | 316 |
| South..... | 488 | 488 | 487 | 486 | 488 | 488 | 487 | 486 | 488 |
| West..... | 660 | 659 | 658 | 657 | 660 | 659 | 658 | 657 | 660 |
| Meat, poultry, fish, other protein food. | | | | | | | | | |
| North Central..... | 152 | 151 | 150 | 149 | 152 | 151 | 150 | 149 | 152 |
| South..... | 323 | 322 | 321 | 320 | 323 | 322 | 321 | 320 | 323 |
| West..... | 494 | 493 | 491 | 491 | 494 | 493 | 491 | 491 | 494 |
| Vegetables (fresh, processed). | | | | | | | | | |
| North Central..... | 163 | 160 | 157 | 154 | 163 | 160 | 157 | 154 | 163 |
| South..... | 334 | 331 | 328 | 325 | 334 | 331 | 328 | 325 | 334 |
| West..... | 505 | 502 | 499 | 496 | 505 | 502 | 499 | 496 | 505 |
| Fruit (fresh, processed). | | | | | | | | | |
| North Central..... | 175 | 173 | 171 | 169 | 175 | 173 | 171 | 169 | 175 |
| South..... | 346 | 344 | 342 | 340 | 346 | 344 | 342 | 340 | 346 |
| West..... | 517 | 515 | 513 | 511 | 517 | 515 | 513 | 511 | 517 |
| Grain products. | | | | | | | | | |
| North Central..... | 182 | 181 | 180 | 179 | 182 | 181 | 180 | 179 | 182 |
| South..... | 353 | 352 | 351 | 350 | 353 | 352 | 351 | 350 | 353 |
| West..... | 524 | 523 | 522 | 521 | 524 | 523 | 522 | 521 | 524 |
| Fats, oils, sugar, sweets, other food. | | | | | | | | | |
| North Central..... | 187 | 186 | 185 | 184 | 187 | 186 | 185 | 184 | 187 |
| South..... | 358 | 357 | 356 | 355 | 358 | 357 | 356 | 355 | 358 |
| West..... | 529 | 528 | 527 | 526 | 529 | 528 | 527 | 526 | 529 |
| | 700 | 699 | 698 | 697 | 700 | 699 | 698 | 697 | 700 |

Note: Data in all tables except tables 5 and 6 are presented by income.

DIETARY LEVELS OF HOUSEHOLDS IN THE FOUR REGIONS OF THE UNITED STATES, SEASONS AND YEAR 1965-66

By Consumer and Food Economics Institute,
Agricultural Research Service

HIGHLIGHTS

- In the spring, summer, and fall of 1965 and the winter of 1966, amounts of foods used in households in each of the four regions were sufficient, on the average, to provide diets meeting the Recommended Dietary Allowances set in 1963 by the National Academy of Sciences--National Research Council for calories and protein; for the minerals--calcium and iron; and for vitamins--vitamin A value, thiamin, riboflavin, and ascorbic acid.
 - More of the household diets in the sample met the allowances for all nutrients studied in the North Central Region during summer, in the South during fall, and in the West during the spring and fall. Little seasonal variation was evident in the proportion of Northeastern diets rated good.
 - In all regions except the Northeast, notable seasonal variation was found in the occurrence of "poor" diets--defined as those that failed to meet at least two-thirds of the allowances for one or more nutrients. The occurrence of poor diets is not necessarily synonymous with hunger and malnutrition. In the North Central and South, poor diets occurred most often in the spring. Among households in the Western sample, more diets were in this category in the spring and summer than in the fall.
 - Calcium, vitamin A value, and ascorbic acid were found to be short of two-thirds of the respective allowances much more often than protein, iron, thiamin, and riboflavin during each season in the household diets of the four regions.
- A larger share of the North Central diets fell below this standard for calcium in the summer than in the fall; relatively more Western diets were short in the spring. In the Northeast and South the percentage of diets below this level for calcium varied little by season.
- In the North Central and West, proportions of diets more than one-third below the RDA for vitamin A value were about the same from season to season. Southern diets were more frequently short in the spring than any other season. In the Northeast, the incidence of household diets with vitamin A shortage was about the same for spring, fall and winter.

- A substantially larger share of spring diets than for summer fell below two-thirds of the allowance for ascorbic acid among the North Central and Southern households. Spring percentages were also larger than those for winter in all three regions outside the West.
- In each of the four seasons about one-half of the urban 7-day diets in the North Central and South met the recommended allowances for each of the nutrients studied. In the farm sector, the proportions of good diets varied from the North Central summer high of 63 percent to the spring low of 43 percent in the South.
- In the North Central and South, more urban diets were rated poor in spring than during the winter. The incidence of poor diets among North Central farm households was substantially lower in the summer than any other season. For Southern farm households, poor diets were less frequent in both summer and winter than in spring.
- The incidence of urban diets with calcium supplies below two-thirds of the allowance varied with season from about 6 to 12 percent in the North Central and South. Among farm households seasonal variation was slight. The proportions of farm diets supplying less than two-thirds of RDA for vitamin A varied substantially from season to season; urban percentages revealed only slight seasonal variation. Among both urban and farm households in these regions, the frequency of diets short of two-thirds of the ascorbic acid allowances showed greater variation with season than was the case for calcium or vitamin A.
- The amount of ascorbic acid supplied by a dollar's worth of food increased notably from fall to winter among urban households in the North Central Region. Southern urban households showed a notable decline in vitamin A value per dollar between these seasons. Ascorbic acid and calcium supplies from a dollar's worth of food varied more with season than the other nutrients in the diets of North Central farm households. In the South's farm sector, vitamin A and ascorbic acid evidenced the most seasonal variation.

INTRODUCTION

This report presents survey findings on the average nutritive value of diets for households in four regions by four urbanization groupings and 12 income levels for the year 1965-66. All-income averages for the spring, summer and fall of 1965 and winter of 1966 are given for each region in the several urbanizations. This was the first time the U.S. Department of Agriculture obtained data on the seasonal variations in food consumption and dietary situation from a nationwide sample of households.

To obtain information on the Nation's dietary situation, the U.S. Department of Agriculture has made five nationwide surveys of food consumption over the past 30 years--in 1936, 1942, 1948 (urban only), 1955 and 1965-66. Unlike the earlier surveys, data were collected during the last survey for four seasons, beginning in April 1965 and continuing through March 1966. Approximately 7,500 housekeeping households of one or more members were interviewed in each of the following three seasons: Summer 1965 (July-September), fall 1965 (October-December), and winter 1966 (January-March). Each of these seasonal samples was representative of the universe of housekeeping households but did not involve the same households. When the seasonal averages were combined for the year average, the smaller samples for summer, fall and winter were given a weight of three.

The data for the year measure the average nutritive value of diets and the proportions of good and poor diets, as defined for this survey. Annual data in this report permit the appraisal and comparison of the dietary situation of households grouped by region, urbanization, and income. The distributions of household diets with specified amounts of nutrients and the average quantity and money value per person of major foods (categorized in nutrition groups) can be used to evaluate diets with alternative definitions of quality. Because different households were surveyed in each season, a meaningful annual figure of the percentage of households using foods in a week cannot be devised.

For the individual seasons, the data in this publication are comparable with the annual data except that the percentages of households using nutrition categories of foods during a week are presented and no information for households subdivided by income categories is provided. Spring data by income classification for the four regions were published in earlier reports (3, 4, 5, 6).^{1/} Summer, fall, and winter data by income are not being published because the smaller sample sizes used in these seasons yielded unreliable data for some of the income subgroups.

Households were selected to represent housekeeping households in each of the four census regions during each of the four seasons. Metropolitan areas, cities of various sizes, and rural farm and non-farm areas in the conterminous United States were surveyed. To permit adequate farm coverage, farm-operator households were oversampled. Persons living on military reservations, in institutions, and in rooming and boarding houses were excluded. More detailed descriptions of the sample designs for each of the regions and their analyses are presented in the four regional food consumption Reports Nos. 13, 14, 15, and 16 of the Household Food Consumption Survey Series (8, 9, 10, 11).

^{1/} Italic numbers in parenthesis refer to Literature Cited, p. .



Experienced interviewers collected the data by personal interview with a knowledgeable household member, usually the homemaker. They used a detailed food list to help the homemaker recall the kinds, quantities, and costs of foods, including alcoholic and other beverages, used at home during the 7 days preceding the interview as well as a count of meals eaten at home and away from home by each household member. Expenditures for meals and snacks away from home paid for by family members were also obtained. Respondents in the spring sample were also asked about the kinds of food that were home produced and home preserved during 1964.

Although consumption of a food by an individual family during a week often differs from the quantity purchased, average consumption among a large number of families tends to equal average purchases. As in earlier USDA surveys, food consumption was measured at the level at which the foods come into the kitchen. Nutrients in the food reported used during the week were calculated from tables of food composition, mostly those in Agriculture Handbook 8 (13). Table 2 in Handbook 8, "Nutrients in the edible portion of one pound of food as purchased," was the principal table used. Estimates of average losses of vitamins during cooking were deducted from food composition values before they were applied to the food quantities. Because of discards of edible food in preparation and as table waste, the calorie and nutrient levels of food actually eaten were probably below the levels calculated.

BASIS FOR EVALUATION OF DIETS

The Recommended Dietary Allowances are daily calorie and nutrient intakes judged by the Food and Nutrition Board scientists to be adequate for maintaining good nutrition in essentially all healthy persons in the United States under current conditions of living. The allowances provide a margin of sufficiency above average physiological requirements for each nutrient, but not for calories, to cover variations in needs among individuals. The Food and Nutrition Board cautions, "It should not be assumed that food practices are necessarily poor or malnutrition exists because the recommendations are not completely met." There is no way to relate the findings from this food consumption study directly to malnutrition and the health of Americans. The nutritional status of groups or individuals must be judged on the basis of physical, biochemical, and clinical observations.

The Food and Nutrition Board states that the allowances are intended to serve "as guides for the interpretation of food consumption records of groups of people." In the study reported here, they have been considered as reasonable benchmarks to make comparisons among population groups and to indicate trends in dietary quality. The use of these guides has been limited to evaluating diets of groups of

persons--those in income classes, and those in regional and urbanization groups--by season.

In this survey, a diet was rated "good" if the nutritive value of the total food brought into the kitchen for use by the household during the week equaled or exceeded the total allowance for each of seven nutrients for all persons eating from the household food supply. A diet was rated "poor" if it supplied less than two-thirds of the allowances for one or more nutrients. Two-thirds of the allowance has been considered in this and other household surveys of the Department as a level below which diets could be nutritionally inadequate for individuals over an extended period of time. Between the households with good and poor diets were those with diets that provided at least two-thirds of the allowances for all seven nutrients and less than the allowance for at least one nutrient. Such diets were labeled "fair."

Detailed information was collected only on food used from the home food supply during the week. In rating diets of households, an adjustment was made for food eaten away from home by comparing the nutritive value of food at home with the proportion of the recommended allowance for household members represented by their meals at home. A rating determined in this way assumes that a meal eaten away had the same average nutritive value as a meal eaten at home. For a detailed explanation of the rating of diets, see Definitions and Explanations, "Household Size in Equivalent Nutrition Units."

The nutritive value of the household food supply used in rating diets included not only values of foods eaten by household members but also edible foods that were discarded in the kitchen and at the table. Therefore, this report probably overestimates the number of household diets that met allowances. No information was obtained on how food used during the week was distributed among family members. Unless it was divided according to nutritional need, some members of the family might not have had diets that met allowances even though the household diet was rated good. On the other hand, if the household food supply did not provide the total allowances of the family, at least some members had diets that did not meet allowances.

Usually, if the allowances are not met, the nutrient shortages can be corrected by a better selection of food. For this reason, failure to meet the allowances should not be interpreted as need for indiscriminate fortification of foods with vitamins and minerals or self-prescribed supplementation of individual diets. The seasonal differences in the kinds and quantities of food used and the nutrients supplied by the food point to the need for expanded efforts in consumer education and indicate where improvements can be made to compensate for the seasonal variations in food supplies.

RESULTS

Seasonal Variations Among All Households--Four Regions

Dietary Evaluation

Food consumed by households in each of the four regions in spring, summer, and fall of 1965 and the winter of 1966 was sufficient, on the average, to provide nutrients in quantities that met or exceeded the Recommended Dietary Allowances (RDA). The standards of reference for calories and protein, for the minerals--calcium and iron; and for vitamins--vitamin A value, thiamin, riboflavin and ascorbic acid, used for the survey, were those set in 1963 by the Food and Nutrition Board of the National Academy of Sciences-National Research Council.

Because arithmetic averages can mask wide variations in nutrient supplies, three criteria are used herein to evaluate seasonal differences in dietary levels--(1) proportions of the household diets for a week meeting recommended dietary allowances for all of seven nutrients, classified as "good;" (2) proportions falling short of recommended levels for one, two, and three or more nutrients; and (3) proportions of diets providing less than two-thirds of the RDA for one or more of the seven nutrients, classified as "poor."

Good diets were most frequent in the North Central Region during summer, in the South during fall, and in the West during the spring and fall. Diets that met the allowances for all seven of the nutrients studied were least frequent during the fall in the North Central Region, during spring in the South, and during winter in the West. Little seasonal variation was evident in the Northeast.

About 9 out of 10 household diets supplied recommended allowances for food energy, protein, iron, thiamin, and riboflavin in each of the four regions and in every season, so these nutrients did not appear to present general nutritional problems. However, evaluations based on comparisons of total supplies and total allowances for each household mask dietary differences among family members such as those found in the evaluation of one day's diets of individuals by age and sex groups, especially for iron, thiamin, and riboflavin (7). For example, the iron in diets of infants and children under three years averaged about 50 percent below recommended amounts. The average diet of adolescent girls and women supplied less than recommended amounts for both iron and thiamin. Males 75 years or older had diets that were low, on the average, in riboflavin.

Household supplies of calcium, vitamin A value, and ascorbic acid were much more likely to be short of recommendations than those of other nutrients studied. In most seasons, about 70 percent of the household

diets in each of the regions supplied recommended amounts of calcium. Wider variation with season around this proportion was observed in the West between summer and fall, and in the Northeast between summer and winter.

In the case of vitamin A value, about three-fourths of the households outside the West had diets which met the allowance in each season. Western diets varied from 75 percent meeting the recommendations in the winter to about 86 percent in the fall.

The situation for ascorbic acid was generally similar to that for vitamin A value, with three-fourths of the households in each region meeting the RDA. Seasonal differences were greatest in the Northeast, ranging from 76 percent in the fall to 85 percent in the winter, and in the South with 68 percent in the spring and 75 percent in the summer.

A second approach to evaluation of seasonal variation in the quality of household diets was to compare the proportions of the total samples in each region and season which fell below the recommended levels for a single nutrient, for two, or for three or more nutrients.

| Region and season | Diets short of allowances for specified number of nutrients | | | |
|-------------------|---|---------|---------|---------------|
| | One or more | One | Two | Three or more |
| | Percent | Percent | Percent | Percent |
| Northeast | | | | |
| Spring----- | 47.3 | 21.9 | 11.3 | 14.1 |
| Summer----- | 48.5 | 21.8 | 11.1 | 15.6 |
| Fall----- | 47.1 | 20.5 | 13.0 | 13.6 |
| Winter----- | 44.7 | 22.1 | 11.1 | 11.6 |
| North Central | | | | |
| Spring----- | 51.9 | 22.3 | 13.4 | 16.1 |
| Summer----- | 47.9 | 20.3 | 11.8 | 15.8 |
| Fall----- | 54.6 | 22.5 | 15.5 | 16.7 |
| Winter----- | 52.8 | 24.1 | 12.3 | 16.4 |
| South | | | | |
| Spring----- | 52.5 | 22.1 | 14.3 | 16.1 |
| Summer----- | 48.9 | 21.1 | 13.3 | 14.5 |
| Fall----- | 47.9 | 21.1 | 14.0 | 12.8 |
| Winter----- | 49.2 | 21.0 | 13.5 | 14.7 |
| West | | | | |
| Spring----- | 48.5 | 22.6 | 12.6 | 13.3 |
| Summer----- | 53.0 | 26.7 | 14.5 | 11.9 |
| Fall----- | 46.5 | 30.0 | 8.0 | 8.5 |
| Winter----- | 56.1 | 28.1 | 11.2 | 16.8 |

Among the four seasons, from 20 to 24 percent of the diets in the Northeastern, North Central and Southern regions fell short of the allowance for only one nutrient. From 11 to 15 percent of the diets in these three regions were short in two nutrients. About the same proportions of these regions had problems with three or more nutrients. Variation by season in the West for proportion of diets in the three categories was wider than in the other regions.

The third criterion for evaluation of household seven-day diets was failure to meet two thirds of the RDA for one or more of the seven nutrients. Diets falling below this standard were identified as "poor." Such diets varied from 12 to 24 percent of the regional samples for the four seasons. Based on this standard, there were notable seasonal variations outside the Northeast. In the North Central and South, poor diets occurred most often in the spring. Poor diets in the North Central were least frequent during the summer (18 percent) and in the South during the summer, fall, and winter (20 percent). A smaller proportion of Western diets belonged in this category in the fall than in the spring or summer.

In general, the proportions of diets in the West appeared to have greater variation between the low and high seasons than most of the other regions when the three aforementioned criteria for dietary evaluation are used. Several factors which influence the analysis by season must be considered in the evaluation of data from the Western sample. One is the relatively small sample size for this region during the summer, fall, and winter. Another is the wide divergence in characteristics of the population groups included in the Western sample.

When the regional diets were examined for shortages in specific nutrients, supplies of protein, iron, thiamin, and riboflavin fell below one-third of their respective allowances in less than 3 percent of the diets in any season among all regions. Accordingly, these nutrients were not considered to be problems on the household level. Calcium, vitamin A value, and ascorbic acid failed much more often to meet two-thirds of the recommended allowance during most seasons by region. Regional data on the percentage of diets falling below this level for these three nutrients during the four seasons follow:

| Region and season | Calcium | Vitamin A value | Ascorbic acid |
|-------------------|---------|-----------------|---------------|
| | Percent | Percent | Percent |
| Northeast | | | |
| Spring----- | 6.6 | 7.7 | 9.2 |
| Summer----- | 9.1 | 4.6 | 7.0 |
| Fall----- | 7.6 | 5.9 | 7.4 |
| Winter----- | 6.4 | 7.1 | 5.1 |
| North Central | | | |
| Spring----- | 8.2 | 8.7 | 14.5 |
| Summer----- | 9.8 | 7.5 | 8.2 |
| Fall----- | 5.9 | 7.0 | 12.4 |
| Winter----- | 7.7 | 9.0 | 8.1 |
| South | | | |
| Spring----- | 8.1 | 13.3 | 15.8 |
| Summer----- | 9.3 | 9.0 | 10.3 |
| Fall----- | 6.6 | 9.5 | 13.8 |
| Winter----- | 7.4 | 8.5 | 11.9 |
| West | | | |
| Spring----- | 8.4 | 5.7 | 10.0 |
| Summer----- | 7.3 | 3.5 | 9.9 |
| Fall----- | 4.6 | 2.9 | 6.6 |
| Winter----- | 7.0 | 5.5 | 9.4 |

In some of the regions, the proportions of diets with these nutrient shortages differed markedly between seasons, but not always the same seasons in all four regions. A larger share of the North Central diets fell below this standard for calcium in the summer than in the fall; relatively more Western diets were short in the spring. In the Northeast and South the percentage of diets below this level for calcium varied little by season.

The percentages of diets in the North Central and Western regions that were more than one-third below the allowances recommended for vitamin A value varied little from season to season. A larger portion of Southern household diets fell short of this standard for vitamin A in the spring than in the other three seasons. In the Northeast, the higher incidence in spring of household diets with vitamin A shortage was notably different only from summer.

Seasonal variation in the proportions of diets failing to meet two-thirds of the allowance recommended for ascorbic acid was slight in the West. The other three regions, however, showed some differences by season for this measure. A substantially larger proportion of North Central and Southern household diets evidenced an ascorbic acid shortage in spring than in summer. In all three regions outside the West, more diets fell below two-thirds of the recommended allowance for ascorbic acid in the spring than in the winter.

Food Sources

The problems with relatively short supplies of calcium, vitamin A, and ascorbic acid in certain seasons can be traced to seasonally low consumption rates for particular groups of foods. In the North Central, calcium shortages during the summer were associated with comparatively lower rates of consumption than in fall for these food groups: Fresh and processed forms of dark green and deep yellow vegetables, milk and milk products, and enriched grain products, such as flour, and bread. In the West, these sources of calcium, except the enriched grains, were consumed in relatively smaller amounts in the spring than in the fall.

The most important foods determining seasonal variation in vitamin A were dark green and deep yellow vegetables, tomatoes, fruits other than citrus or vitamin C-rich, milk products, and liver. In the South lower consumption of dark green and deep yellow vegetables supplied about half as much vitamin A value to the diets in the spring and summer as in the other seasons. During the summer, however, a large part of the South's reduction in supplies of vitamin A from this source was offset by heavier consumption of tomatoes, fruit other than citrus and vitamin C-rich fruit. For the diets of the Northeastern households, lower vitamin A supplies in the spring sample than summer were traced to lower consumption rates for fruit other than citrus and vitamin C-rich.

All across the country higher citrus fruit consumption was the key to larger amounts of ascorbic acid in winter diets compared with the other seasons. When citrus consumption was low during the summer, consumption of tomatoes was almost twice as high and the consumption of noncitrus fruit at least half again as high as in winter. These two sources offset the summer slump for ascorbic acid from citrus in the household diets, especially in the North Central and South.

Nutrient Supplies Related to Money Value and Food

Regional averages for money value of food per person per week varied little from season to season, with the highest values occurring among Northeast households and the lowest in the South. In view of minimal variation in average food dollars, it is not surprising that supplies of most nutrients per dollar generally varied little with season, as shown by data in the following table:

| Region and season | Nutrients furnished by a dollar's worth of food <u>1/</u> | | | | | | | | Money value per person per week <u>2/</u> |
|-------------------|---|-----------|------------|------------|-----------------|------------|------------|---------------|---|
| | Food energy | Protein | Calcium | Iron | Vitamin A value | Thiamin | Riboflavin | Ascorbic acid | |
| | <u>Cal.</u> | <u>G.</u> | <u>Mg.</u> | <u>Mg.</u> | <u>I.U.</u> | <u>Mg.</u> | <u>Mg.</u> | <u>Mg.</u> | <u>Dol.</u> |
| Northeast | | | | | | | | | |
| Spring----- | 2,239 | 75.8 | 788 | 13.6 | 5,600 | 1.10 | 1.73 | 81 | 9.77 |
| Summer----- | 2,195 | 74.3 | 776 | 13.7 | 5,750 | 1.09 | 1.69 | 83 | 9.39 |
| Fall----- | 2,290 | 78.7 | 839 | 13.9 | 5,790 | 1.15 | 1.81 | 79 | 9.46 |
| Winter----- | 2,236 | 77.1 | 829 | 13.7 | 5,330 | 1.12 | 1.76 | 81 | 9.78 |
| North Central | | | | | | | | | |
| Spring----- | 2,582 | 84.5 | 889 | 15.6 | 5,700 | 1.27 | 1.93 | 80 | 8.66 |
| Summer----- | 2,518 | 82.4 | 870 | 14.8 | 5,690 | 1.20 | 1.87 | 83 | 8.98 |
| Fall----- | 2,573 | 85.8 | 911 | 15.4 | 5,680 | 1.24 | 1.93 | 74 | 8.61 |
| Winter----- | 2,543 | 84.6 | 924 | 15.3 | 5,690 | 1.25 | 1.94 | 85 | 8.55 |
| South | | | | | | | | | |
| Spring----- | 2,933 | 91.4 | 1,000 | 17.5 | 6,120 | 1.43 | 2.06 | 82 | 7.91 |
| Summer----- | 2,826 | 87.2 | 946 | 16.8 | 6,390 | 1.41 | 1.97 | 88 | 8.11 |
| Fall----- | 2,939 | 91.9 | 1,008 | 17.9 | 7,500 | 1.45 | 2.06 | 84 | 8.06 |
| Winter----- | 2,818 | 87.8 | 985 | 17.2 | 6,410 | 1.41 | 2.00 | 88 | 7.99 |
| West | | | | | | | | | |
| Spring----- | 2,356 | 81.2 | 839 | 14.6 | 5,950 | 1.16 | 1.80 | 79 | 9.34 |
| Summer----- | 2,345 | 78.5 | 832 | 14.0 | 6,110 | 1.12 | 1.80 | 80 | 9.13 |
| Fall----- | 2,417 | 81.8 | 879 | 14.9 | 6,230 | 1.17 | 1.84 | 77 | 9.40 |
| Winter----- | 2,329 | 79.9 | 898 | 14.6 | 5,760 | 1.14 | 1.84 | 82 | 8.73 |

1/ The formula for calculating nutrients furnished by a dollar's worth of food was:

$$\frac{\text{Amount of nutrient from food used per person}}{\text{Money value of all food per person}} = \frac{\text{Amount of nutrient supplied}}{\text{by a dollar's worth of food}}$$

2/ Money value of food includes value of food bought (at prices reported by households) plus value of food which was home-produced or received as gift or pay, based on local retail prices.

The only notable signs of seasonality in nutrients furnished by a dollar's worth of food appeared for vitamin A in the South and ascorbic acid in the North Central. The high for vitamin A in the South was associated with higher consumption and lower average price for dark green and deep yellow vegetables during the fall; traced in turn to increased supplies from home production. The winter high in ascorbic acid per dollar for food in the North Central household diets reflected the seasonal high in citrus consumption.

Seasonal Variations Among Urban and Farm Diets-- North Central and South 1/

Dietary Evaluation

In each of the four seasons about half of the urban 7-day diets in the two regions met the criterion for a rating of "good." In contrast, there were some seasonal differences in the frequency of good diets in the farm sectors of both regions. Good diets occurred more often in the summer than in the other seasons among farm households in the North Central. Southern farm diets were rated good in almost the same proportions during summer, fall, and winter--all being substantially higher than the 43 percent for spring.

Proportions of diets that furnished the recommended allowances for seven nutrients excluding food energy and less than two-thirds of the allowances in the urban and farm sectors of the North Central and South during four seasons of the year 1965-66 were:

1/ For sampling reasons, only the seasonal variations in urban and farm household diets of the North Central and South merit summarization here. Data for the other two regions are given in the report tables so their contributions to the national and annual samples can be noted.

| Region and season | Diets providing-- | | | | | |
|-------------------|--------------------------------|--|------|---|--|------|
| | Allowances for seven nutrients | | | Less than two-thirds allowances for one or more nutrients | | |
| | Urban | | Farm | Urban | | Farm |
| | Urban | | Farm | Urban | | Farm |
| North Central | | | | | | |
| Spring----- | 46.3 | | 52.1 | 24.2 | | 18.5 |
| Summer----- | 49.3 | | 63.1 | 20.1 | | 8.7 |
| Fall----- | 45.9 | | 51.0 | 19.7 | | 15.6 |
| Winter----- | 46.6 | | 53.1 | 18.6 | | 18.0 |
| South | | | | | | |
| Spring----- | 48.7 | | 43.2 | 22.4 | | 30.0 |
| Summer----- | 49.5 | | 56.5 | 20.3 | | 18.7 |
| Fall----- | 51.7 | | 52.8 | 18.5 | | 24.6 |
| Winter----- | 49.5 | | 52.1 | 16.8 | | 22.5 |

During the three seasons other than spring, about 20 percent of the urban diets in the two regions failed to meet two-thirds of the allowances for any one of seven nutrients and thus were classified as poor. Almost one-fourth of the diets were poor in spring.

The incidence of poor diets in the farm sector of the North Central Region was substantially lower in summer than during the other three seasons. For Southern farm households poor diets were less frequent in summer and winter than in spring.

Calcium, vitamin A value, and ascorbic acid were the nutrients found most often short of the two-thirds level of their recommendation in both sectors analyzed here. The percentages of each season's diets below this level for the three nutrients for the urban and farm households in the North Central and South are given in the following table.

| Region and season | Diets providing less than two-thirds allowance | | | | | | | |
|-------------------|--|---------|-----------------|---------|---------------|---------|---------|---------|
| | Calcium | | Vitamin A value | | Ascorbic acid | | | |
| | Urban | | Urban | | Urban | | Urban | |
| | Percent | Percent | Percent | Percent | Percent | Percent | Percent | Percent |
| | Urban | Farm | Urban | Farm | Urban | Farm | Urban | Farm |
| North Central | | | | | | | | |
| Spring----- | 9.4 | 7.0 | 9.6 | 5.8 | 15.3 | 13.3 | | |
| Summer----- | 11.7 | 4.5 | 7.4 | 2.9 | 9.3 | 4.5 | | |
| Fall----- | 5.8 | 4.6 | 7.7 | 4.3 | 12.0 | 9.8 | | |
| Winter----- | 8.0 | 6.1 | 9.4 | 7.1 | 7.4 | 11.8 | | |
| South | | | | | | | | |
| Spring----- | 8.8 | 7.3 | 10.6 | 19.3 | 13.9 | 22.5 | | |
| Summer----- | 11.5 | 9.6 | 8.1 | 10.3 | 9.9 | 11.3 | | |
| Fall----- | 7.2 | 7.1 | 8.3 | 10.1 | 12.1 | 19.1 | | |
| Winter----- | 7.1 | 6.2 | 7.0 | 11.6 | 8.4 | 16.6 | | |

In both regions, the frequency of urban diets with calcium supplies below two-thirds of the allowance varied with season from about 6 to 12 percent but the farm variation was slight. The proportion of urban diets that were short of this level for calcium was highest in the summer. The seasons with the lowest incidence were fall in the North Central Region and fall and winter in the South.

In contrast to the seasonality shown by urban and farm diets with calcium, urban diets showed little variation when compared with the criterion of two-thirds of the vitamin A allowance. Proportions of farm diets in these regions falling below this level varied substantially with season. Regional differences were also evident in the size of the farm percentages. For example, the North Central proportions varied from 3 percent in summer to 7 percent in winter, and the South's frequency ranged from 10 percent in summer and fall to 19 percent in spring.

Seasonal variation in the frequency of diets one-third short of the ascorbic acid allowance tended to be greater than for either calcium or vitamin A among the households in both urbanizations. Diets at this lower level for ascorbic acid were most prevalent among urban households in spring. Among farm households, North Central diets with such ascorbic acid shortages occurred most frequently during the spring and winter. More of the South's farm diets were short with respect to ascorbic acid in spring and fall than in summer.

Nutrient Supplies Related to Money Value and Food

Among urban households, the notable seasonal variations in amounts of nutrients supplied per food dollar were the increase in ascorbic acid from fall to winter in the North Central Region and the concurrent decline in vitamin A in the South.

The nutrients supplied by a dollar's worth of food varied more from season to season in the farm sector than in the urban. Among North Central farm households, ascorbic acid and calcium supplies varied more seasonally than the other nutrients. In the farm sector of the South, vitamin A value and ascorbic acid differed most.

Larger quantities of ascorbic acid per farm food dollar in the summer reflect the very high rate of consumption of noncitrus fruit and tomatoes and the influence of home production. Fall increases in vitamin A value were associated with higher consumption rates and lower average prices for dark green and deep yellow vegetables during their peak production season in home gardens.

Average money value and quantities of nutrients supplied by a dollar's worth of food in urban and rural farm households are given in the following table.

| Region, urbanization and season | Nutrients furnished by a dollar's worth of food | | | | | | | | Money value per person per week |
|---------------------------------------|---|-----------|------------|------------|--------------------|------------|------------|------------------|---------------------------------------|
| | Food energy | Protein | Calcium | Iron | Vitamin A value | Thiamin | Riboflavin | Ascorbic acid | |
| North Central | <u>Cal.</u> | <u>G.</u> | <u>Mg.</u> | <u>Mg.</u> | <u>I.U.</u> | <u>Mg.</u> | <u>Mg.</u> | <u>Mg.</u> | <u>Dol.</u> |
| Urban: | | | | | | | | | |
| Spring----- | 2,486 | 84.5 | 860 | 15.2 | 5,710 | 1.23 | 1.88 | 79 | 8.71 |
| Summer----- | 2,435 | 80.7 | 860 | 14.4 | 5,600 | 1.17 | 1.84 | 81 | 8.69 |
| Fall----- | 2,475 | 83.4 | 878 | 14.8 | 5,510 | 1.20 | 1.87 | 72 | 8.84 |
| Winter----- | 2,420 | 81.6 | 879 | 14.7 | 5,530 | 1.19 | 1.86 | 83 | 8.74 |
| Rural farm: | | | | | | | | | |
| Spring----- | 3,016 | 96.4 | 977 | 18.0 | 5,930 | 1.43 | 2.14 | 79 | 8.52 |
| Summer----- | 2,758 | 87.1 | 904 | 16.0 | 6,100 | 1.31 | 1.99 | 89 | 9.80 |
| Fall----- | 3,068 | 96.9 | 985 | 17.8 | 6,380 | 1.43 | 2.18 | 74 | 8.41 |
| Winter----- | 2,949 | 93.6 | 1,045 | 17.2 | 6,360 | 1.43 | 2.21 | 84 | 8.48 |
| South | | | | | | | | | |
| Urban: | | | | | | | | | |
| Spring----- | 2,722 | 87.9 | 922 | 16.4 | 6,290 | 1.33 | 1.97 | 84 | 8.27 |
| Summer----- | 2,609 | 83.4 | 871 | 15.5 | 6,320 | 1.27 | 1.86 | 84 | 8.31 |
| Fall----- | 2,688 | 86.5 | 905 | 16.3 | 7,050 | 1.30 | 1.93 | 83 | 8.52 |
| Winter----- | 2,666 | 85.7 | 932 | 16.2 | 6,190 | 1.31 | 1.93 | 90 | 8.07 |
| Rural farm: | | | | | | | | | |
| Spring----- | 3,512 | 102.0 | 1,202 | 20.6 | 5,820 | 1.77 | 2.35 | 77 | 7.11 |
| Summer----- | 3,361 | 96.7 | 1,114 | 19.9 | 6,520 | 1.74 | 2.28 | 96 | 7.60 |
| Fall----- | 3,599 | 103.8 | 1,247 | 21.0 | 9,690 | 1.85 | 2.43 | 93 | 7.00 |
| Winter----- | 3,413 | 99.1 | 1,204 | 20.5 | 7,790 | 1.75 | 2.34 | 87 | 7.32 |

GENERAL NOTES ON USE OF TABLES

The following notes contain information and explanations applicable to several tables. In addition, specific table notes, which appear after the tables, refer to a particular table, group of columns, or a single column of a table. Items to which specific notes refer are marked by the symbol # on the table.

1. "All households" include households not classified by income.
2. Component items may not add to totals because of rounding or because the data for one or more component items are not given.
3. Data refer to food used at home during the week from all sources--purchased, home produced, and received as gift or pay; except in tables for the rural farm category showing data for home-produced food used at home during the week.
4. The asterisk (*) indicates some, but less than 1/2 of the value of 1 in the last digit shown in the column.
5. Cooking losses have been deducted from all vitamin values.
6. Averages per person or per nutrition unit and percentages of households are based on the total count in the cell (tables 3-5, 7-11, and 13-19). See table 1 for weighted proportion of cell counts. Percentages in table are based only on households with diets furnishing less than allowances for one or more nutrients.
7. Data in tables 3, 5, and 13-19 are shown as averages per person. Twenty-one meals from home food supplies were counted as one person. The use of 21-meal-at-home-equivalent-persons adjusts for those family members who may have eaten meals away from home and nonfamily members who may have eaten from household food supplies. See Definitions and Explanations, "Household Size in Equivalent Meals."
8. Nutritive values of diets in table 4 are shown as averages per *nutrition unit* per day. Also, percentages in tables 7-12 are based on amounts of nutrients per nutrition unit in household diets. Diets of households of different sizes and compositions can be compared when their nutritive values are presented on a nutrition unit basis. See Definitions and Explanations, "Household Size in Equivalent Nutrition Units."
9. Groupings of food in this report, meaningful for nutritional analysis, are not the same as those in Reports 13-16 (8, 9, 10, 11), useful for marketing purposes.

10. Soups and mixtures are shown separately under food groups covering their main ingredients, with one exception. Those mainly meat, poultry, and fish are included in the group, "Other protein food."
11. Plate dinners are not shown separately but are included in totals for food groups covering their main ingredient, with one exception. Those mainly meat, poultry, or fish are included in the group, "Other protein food."
12. Data are not necessarily as precise as the amount of detail published may imply. Digits beyond significance are sometimes shown to enable users to regroup data.

TABLE 1.-- NUMBER AND PERCENT OF HOUSEHOLDS
AND AVERAGE HOUSEHOLD SIZE

NORTHEAST

BY URBANIZATION

| SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 | HOUSEHOLDS | | HOUSEHOLD SIZE | | | | | | | | |
|---|------------------|--------------------------|---------------------------------|------------------------------|---------|---------|------|-----------------------|---------|-----------------|------------------|
| | ACTUAL NUMBER | WEIGHTED PERCENT ‡ | EQUIV- ALENT PERSONS ‡ | EQUIVALENT NUTRITION UNITS ‡ | | | | | | | |
| | | | | FOOD ENERGY | PROTEIN | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO- FLAVIN | ASCORBIC ACID |
| (1) | (2A) | (2B) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) |
| ALL URBANIZATIONS | | | | | | | | | | | |
| ALL HOUSEHOLDS, YEAR- | 3,235 | 100.00 | 3.24 | 2.40 | 2.74 | 3.60 | 3.94 | 2.90 | 2.47 | 2.53 | 2.99 |
| SPRING----- | 1,621 | 25.15 | 3.28 | 2.43 | 2.76 | 3.65 | 4.00 | 2.93 | 2.46 | 2.57 | 3.07 |
| SUMMER----- | 526 | 24.04 | 3.29 | 2.45 | 2.80 | 3.70 | 4.03 | 2.96 | 2.55 | 2.59 | 3.04 |
| FALL----- | 531 | 24.84 | 3.21 | 2.35 | 2.69 | 3.52 | 3.83 | 2.85 | 2.44 | 2.49 | 2.93 |
| WINTER----- | 557 | 25.97 | 3.17 | 2.36 | 2.70 | 3.53 | 3.89 | 2.87 | 2.46 | 2.49 | 2.94 |
| UNDER 1,000----- | 68 | 1.83 | 1.66 | 1.05 | 1.43 | 1.69 | 1.79 | 1.60 | 1.15 | 1.22 | 1.62 |
| 1,000-1,999----- | 147 | 4.52 | 1.81 | 1.14 | 1.51 | 1.86 | 1.98 | 1.68 | 1.25 | 1.30 | 1.71 |
| 2,000-2,999----- | 211 | 6.76 | 2.59 | 1.78 | 2.16 | 2.79 | 2.94 | 2.34 | 1.90 | 1.94 | 2.40 |
| 3,000-3,999----- | 302 | 9.61 | 2.71 | 2.00 | 2.33 | 3.05 | 3.30 | 2.47 | 2.07 | 2.13 | 2.56 |
| 4,000-4,999----- | 319 | 10.29 | 3.53 | 2.56 | 2.86 | 3.93 | 4.27 | 3.02 | 2.65 | 2.69 | 3.13 |
| 5,000-5,999----- | 504 | 16.55 | 3.27 | 2.41 | 2.75 | 3.61 | 3.96 | 2.91 | 2.46 | 2.55 | 3.02 |
| 6,000-6,999----- | 356 | 11.53 | 3.64 | 2.75 | 3.10 | 4.08 | 4.45 | 3.25 | 2.64 | 2.89 | 3.36 |
| 7,000-7,999----- | 321 | 10.75 | 3.71 | 2.78 | 3.11 | 4.12 | 4.56 | 3.26 | 2.82 | 2.92 | 3.43 |
| 8,000-8,999----- | 219 | 7.32 | 3.52 | 2.66 | 2.98 | 3.94 | 4.35 | 3.15 | 2.73 | 2.79 | 3.24 |
| 9,000-9,999----- | 187 | 6.01 | 3.80 | 2.88 | 3.25 | 4.33 | 4.74 | 3.43 | 2.99 | 3.03 | 3.51 |
| 10,000-14,999----- | 344 | 11.61 | 3.59 | 2.75 | 3.11 | 4.11 | 4.50 | 3.29 | 2.84 | 2.89 | 3.36 |
| 15,000 AND OVER---- | 92 | 3.22 | 3.39 | 2.60 | 2.98 | 3.73 | 4.21 | 3.17 | 2.66 | 2.73 | 3.22 |
| URBAN | | | | | | | | | | | |
| ALL HOUSEHOLDS, YEAR- | 2,351 | 100.00 | 3.11 | 2.29 | 2.62 | 3.44 | 3.78 | 2.78 | 2.36 | 2.42 | 2.67 |
| SPRING----- | 1,174 | 24.95 | 3.13 | 2.30 | 2.63 | 3.47 | 3.81 | 2.79 | 2.34 | 2.44 | 2.93 |
| SUMMER----- | 372 | 23.72 | 3.15 | 2.33 | 2.67 | 3.53 | 3.86 | 2.83 | 2.41 | 2.47 | 2.92 |
| FALL----- | 397 | 25.31 | 3.16 | 2.31 | 2.64 | 3.47 | 3.78 | 2.80 | 2.40 | 2.45 | 2.89 |
| WINTER----- | 408 | 26.01 | 3.00 | 2.22 | 2.54 | 3.31 | 3.69 | 2.71 | 2.31 | 2.35 | 2.77 |
| UNDER 1,000----- | 37 | 1.64 | 1.39 | .82 | 1.19 | 1.38 | 1.47 | 1.36 | .93 | .99 | 1.37 |
| 1,000-1,999----- | 95 | 3.93 | 1.64 | 1.01 | 1.33 | 1.69 | 1.80 | 1.49 | 1.13 | 1.16 | 1.51 |
| 2,000-2,999----- | 164 | 7.31 | 2.46 | 1.67 | 2.03 | 2.68 | 2.88 | 2.20 | 1.78 | 1.83 | 2.27 |
| 3,000-3,999----- | 217 | 9.80 | 2.64 | 1.91 | 2.24 | 2.94 | 3.20 | 2.39 | 2.00 | 2.04 | 2.47 |
| 4,000-4,999----- | 230 | 10.23 | 3.37 | 2.44 | 2.73 | 3.77 | 4.09 | 2.90 | 2.55 | 2.57 | 2.98 |
| 5,000-5,999----- | 371 | 16.71 | 3.09 | 2.26 | 2.59 | 3.37 | 3.73 | 2.75 | 2.31 | 2.39 | 2.85 |
| 6,000-6,999----- | 245 | 10.79 | 3.48 | 2.60 | 2.93 | 3.82 | 4.19 | 3.09 | 2.67 | 2.73 | 3.20 |
| 7,000-7,999----- | 231 | 10.57 | 3.70 | 2.77 | 3.09 | 4.09 | 4.56 | 3.24 | 2.78 | 2.90 | 3.44 |
| 8,000-8,999----- | 166 | 7.58 | 3.41 | 2.57 | 2.87 | 3.81 | 4.23 | 3.04 | 2.63 | 2.69 | 3.14 |
| 9,000-9,999----- | 141 | 6.21 | 3.58 | 2.70 | 3.05 | 4.07 | 4.46 | 3.22 | 2.77 | 2.84 | 3.34 |
| 10,000-14,999----- | 262 | 12.07 | 3.46 | 2.64 | 3.00 | 3.95 | 4.32 | 3.18 | 2.74 | 2.78 | 3.24 |
| 15,000 AND OVER---- | 71 | 3.16 | 3.28 | 2.55 | 2.93 | 3.60 | 4.04 | 3.11 | 2.60 | 2.68 | 3.16 |

TABLE 1.-- NUMBER AND PERCENT OF HOUSEHOLDS
AND AVERAGE HOUSEHOLD SIZE--CONTINUED

NORTHEAST

BY URBANIZATION

| SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 (1) | HOUSEHOLDS | | HOUSEHOLD SIZE | | | | | | | | |
|--|------------------------------|----------------------------------|--|------------------------------|----------------|----------------|-------------|------------------------------|----------------|-------------------------|--------------------------|
| | ACTUAL NUMBER (2A) | WEIGHTED PERCENT * (2B) | EQUIV- ALENT PERSONS * (3) | EQUIVALENT NUTRITION UNITS * | | | | | | | |
| | | | | FOOD ENERGY (4) | PROTEIN (5) | CALCIUM (6) | IRON (7) | VITAMIN A VALUE (8) | THIAMIN (9) | RIBO- FLAVIN (10) | ASCORBIC ACID (11) |
| RURAL NONFARM | | | | | | | | | | | |
| ALL HOUSEHOLDS, YEAR- | 632 | 100.00 | 3.63 | 2.72 | 3.09 | 4.09 | 4.42 | 3.26 | 2.81 | 2.87 | 3.36 |
| SPRING----- | 324 | 25.96 | 3.74 | 2.84 | 3.19 | 4.24 | 4.62 | 3.35 | 2.86 | 2.98 | 3.52 |
| SUMMER----- | 103 | 24.76 | 3.68 | 2.80 | 3.18 | 4.23 | 4.58 | 3.34 | 2.94 | 2.94 | 3.39 |
| FALL----- | 97 | 23.32 | 3.34 | 2.43 | 2.76 | 3.63 | 3.88 | 2.94 | 2.49 | 2.57 | 3.04 |
| WINTER----- | 108 | 25.96 | 3.73 | 2.80 | 3.20 | 4.24 | 4.54 | 3.37 | 2.93 | 2.96 | 3.45 |
| UNDER 3,000----- | 84 | 13.57 | 2.52 | 1.71 | 2.18 | 2.56 | 2.60 | 2.38 | 1.81 | 1.88 | 2.41 |
| 3,000-4,999----- | 115 | 19.25 | 3.52 | 2.61 | 2.93 | 3.92 | 4.25 | 3.06 | 2.62 | 2.74 | 3.25 |
| 5,000-6,999----- | 175 | 30.11 | 3.95 | 3.03 | 3.38 | 4.56 | 4.92 | 3.53 | 3.11 | 3.16 | 3.66 |
| 7,000-9,999----- | 144 | 23.24 | 3.94 | 2.99 | 3.36 | 4.48 | 4.85 | 3.53 | 3.14 | 3.15 | 3.58 |
| 10,000 AND OVER----- | 79 | 13.83 | 3.99 | 3.05 | 3.42 | 4.59 | 5.06 | 3.61 | 3.15 | 3.19 | 3.70 |
| RURAL FARM | | | | | | | | | | | |
| ALL HOUSEHOLDS, YEAR- | 252 | 100.00 | 4.34 | 3.36 | 3.80 | 4.83 | 5.20 | 3.96 | 3.47 | 3.52 | 4.00 |
| SPRING----- | 123 | 24.12 | 4.16 | 3.14 | 3.57 | 4.56 | 4.93 | 3.76 | 3.19 | 3.30 | 3.91 |
| SUMMER----- | 51 | 30.00 | 4.45 | 3.37 | 3.83 | 4.51 | 4.88 | 4.00 | 3.44 | 3.55 | 3.89 |
| FALL----- | 37 | 21.76 | 4.50 | 3.40 | 3.81 | 5.14 | 5.56 | 4.01 | 3.60 | 3.55 | 4.03 |
| WINTER----- | 41 | 24.12 | 4.43 | 3.53 | 3.97 | 5.23 | 5.55 | 4.08 | 3.66 | 3.69 | 4.21 |
| UNDER 3,000----- | 46 | 18.48 | 3.07 | 2.25 | 2.71 | 3.30 | 3.53 | 2.88 | 2.33 | 2.39 | 2.92 |
| 3,000-4,999----- | 59 | 21.56 | 4.28 | 3.32 | 3.74 | 4.87 | 5.19 | 3.87 | 3.41 | 3.47 | 4.03 |
| 5,000-6,999----- | 69 | 30.18 | 4.58 | 3.57 | 3.99 | 5.05 | 5.46 | 4.13 | 3.64 | 3.74 | 4.03 |
| 7,000-9,999----- | 45 | 21.15 | 5.09 | 4.04 | 4.51 | 5.67 | 6.12 | 4.71 | 4.27 | 4.22 | 4.74 |
| 10,000 AND OVER----- | 24 | 8.62 | 4.69 | 3.69 | 4.12 | 5.46 | 5.90 | 4.30 | 3.73 | 3.86 | 4.51 |

TABLE 2.--HOUSEHOLD COMPOSITION IN
TERMS OF MEALS AT HOME

NORTHEAST

ALL ORGANIZATION

| SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 | TOTAL * | PERCENT OF TOTAL MEALS AT HOME | | | | | | | | | | | | |
|---|------------|--------------------------------|-------|----------------|----------------|----------------|----------------------|------------|-------------|-------|-------------|-------|----------------|----------------------|
| | | TOTAL 20 YEARS AND OVER | MEN | | | | | WOMEN | | | | | | |
| | | | TOTAL | 20-34 YEARS | 35-54 YEARS | 55-74 YEARS | 75 YEARS AND OVER | TOTAL * | 20-34 YEARS | | 35-54 YEARS | | 55-74 YEARS | 75 YEARS AND OVER |
| | | | | | | | | | PREGNANT | OTHER | PREGNANT | OTHER | | |
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) | (13) | (14) | (15) |
| ALL HOUSEHOLDS, YEAR- | 100.0 | 58.8 | 25.5 | 6.7 | 11.0 | 6.5 | 1.3 | 33.3 | .6 | 9.0 | .1 | 13.5 | 8.0 | 2.1 |
| SPRING----- | 100.0 | 58.0 | 25.0 | 6.8 | 11.1 | 5.8 | 1.2 | 33.0 | .6 | 9.1 | .1 | 13.5 | 7.5 | 2.1 |
| SUMMER----- | 100.0 | 58.6 | 25.8 | 6.2 | 11.7 | 6.8 | 1.2 | 32.8 | .7 | 8.2 | .1 | 14.3 | 7.7 | 1.9 |
| FALL----- | 100.0 | 58.8 | 25.5 | 7.3 | 10.3 | 6.4 | 1.5 | 33.3 | .5 | 9.6 | .1 | 12.4 | 8.3 | 2.3 |
| WINTER----- | 100.0 | 59.7 | 25.8 | 6.6 | 10.8 | 6.9 | 1.5 | 33.9 | .4 | 8.9 | .2 | 13.7 | 8.4 | 2.2 |
| UNDER 1,000----- | 100.0 | 88.1 | 29.0 | 2.7 | 6.0 | 8.3 | 12.0 | 59.1 | .0 | 2.7 | .0 | 8.7 | 30.3 | 17.4 |
| 1,000-1,999----- | 100.0 | 80.6 | 25.9 | 2.2 | 3.3 | 12.8 | 7.6 | 54.7 | .2 | 4.5 | .0 | 9.7 | 27.5 | 12.9 |
| 2,000-2,999----- | 100.0 | 65.3 | 21.9 | 3.5 | 3.7 | 11.7 | 3.0 | 43.4 | .3 | 10.0 | .1 | 8.4 | 17.9 | 6.7 |
| 3,000-3,999----- | 100.0 | 61.3 | 23.7 | 6.4 | 6.0 | 9.0 | 2.3 | 37.6 | .9 | 9.0 | .0 | 11.7 | 13.4 | 2.6 |
| 4,000-4,999----- | 100.0 | 51.9 | 23.2 | 8.5 | 9.1 | 5.0 | .7 | 28.7 | .6 | 10.7 | .2 | 10.6 | 5.1 | 1.4 |
| 5,000-5,999----- | 100.0 | 59.6 | 26.7 | 7.5 | 11.0 | 7.5 | .7 | 32.9 | .6 | 10.1 | .2 | 13.0 | 8.2 | .8 |
| 6,000-6,999----- | 100.0 | 55.1 | 25.6 | 6.9 | 12.2 | 5.4 | 1.1 | 29.5 | .8 | 7.8 | .0 | 14.5 | 5.0 | 1.4 |
| 7,000-7,999----- | 100.0 | 53.6 | 24.9 | 7.3 | 12.5 | 4.7 | .4 | 28.7 | .4 | 8.3 | .3 | 14.0 | 4.6 | 1.0 |
| 8,000-8,999----- | 100.0 | 56.1 | 25.3 | 6.8 | 14.1 | 4.0 | .4 | 30.8 | .3 | 9.4 | .1 | 14.8 | 5.0 | 1.1 |
| 9,000-9,999----- | 100.0 | 55.1 | 25.3 | 5.2 | 14.0 | 5.3 | .8 | 29.8 | .3 | 6.7 | .0 | 15.9 | 5.1 | 1.8 |
| 10,000-14,999----- | 100.0 | 59.0 | 27.0 | 6.6 | 14.0 | 5.7 | .8 | 32.0 | .7 | 8.0 | .1 | 16.4 | 5.5 | 1.2 |
| 15,000 AND OVER---- | 100.0 | 65.2 | 28.2 | 4.9 | 15.1 | 6.5 | 1.8 | 37.0 | .2 | 8.2 | .0 | 21.9 | 5.5 | 1.2 |

| | TOTAL UNDER 20 YEARS (16) | PERCENT OF TOTAL MEALS AT HOME | | | | | | | | | | | | |
|-----------------------|--|--------------------------------|-------|-------|-------|------------------|------|-------|-------|-------|------------------------|------|------|------|
| | | BOYS 9-19 YEARS | | | | GIRLS 9-19 YEARS | | | | | CHILDREN UNDER 9 YEARS | | | |
| | | 9-11 | 12-14 | 15-17 | 18-19 | TOTAL # | 9-11 | 12-14 | 15-17 | 18-19 | UNDER 1 | 1-2 | 3-5 | 6-8 |
| | | (17) | (18) | (19) | (20) | (21) | (22) | (23) | (24) | (25) | (26) | (27) | (28) | (29) |
| ALL HOUSEHOLDS, YEAR- | 41.2 | 3.3 | 3.1 | 2.5 | 1.2 | 9.9 | 3.0 | 3.0 | 2.6 | 1.2 | 2.2 | 4.4 | 7.0 | 7.7 |
| SPRING----- | 42.0 | 3.0 | 3.2 | 2.6 | 1.4 | 9.9 | 2.9 | 3.3 | 2.8 | .9 | 2.5 | 4.3 | 7.2 | 7.8 |
| SUMMER----- | 41.4 | 3.7 | 3.7 | 2.6 | 1.1 | 10.1 | 3.0 | 3.1 | 2.7 | 1.3 | 2.0 | 4.1 | 7.1 | 6.8 |
| FALL----- | 41.2 | 3.4 | 2.8 | 2.1 | 1.0 | 8.7 | 2.8 | 2.0 | 2.2 | 1.6 | 2.3 | 5.0 | 7.9 | 8.0 |
| WINTER----- | 40.3 | 3.1 | 2.9 | 2.6 | 1.2 | 10.9 | 3.2 | 3.5 | 2.8 | 1.3 | 1.9 | 4.0 | 5.7 | 8.1 |
| UNDER 1,000----- | 11.9 | 1.2 | .4 | .1 | .0 | 2.5 | .9 | 1.0 | .4 | .1 | 1.5 | .9 | 1.0 | 4.3 |
| 1,000-1,999----- | 19.4 | 1.3 | .2 | .2 | .2 | 3.5 | 1.6 | .3 | .8 | .7 | 2.1 | 4.3 | 4.7 | 2.9 |
| 2,000-2,999----- | 34.6 | 2.2 | 2.4 | 1.1 | .8 | 8.6 | 2.2 | 2.5 | 2.1 | 1.6 | 1.6 | 4.1 | 7.0 | 6.9 |
| 3,000-3,999----- | 38.7 | 3.5 | 3.5 | 3.5 | 1.7 | 7.6 | 1.9 | 2.4 | 2.3 | .9 | 1.1 | 4.4 | 5.6 | 7.8 |
| 4,000-4,999----- | 48.0 | 3.5 | 3.1 | 1.4 | .9 | 11.4 | 3.7 | 3.1 | 2.6 | 2.0 | 5.1 | 6.4 | 8.3 | 7.9 |
| 5,000-5,999----- | 40.3 | 3.5 | 2.2 | 2.5 | 1.0 | 9.1 | 3.0 | 3.1 | 2.2 | .9 | 2.9 | 4.3 | 7.5 | 7.3 |
| 6,000-6,999----- | 44.9 | 3.3 | 3.7 | 3.3 | 1.3 | 10.8 | 3.3 | 2.8 | 3.3 | 1.3 | 1.6 | 4.8 | 7.2 | 8.7 |
| 7,000-7,999----- | 46.4 | 3.6 | 3.9 | 2.4 | 1.6 | 10.2 | 3.4 | 3.4 | 2.5 | .7 | 2.5 | 5.2 | 8.5 | 8.5 |
| 8,000-8,999----- | 43.9 | 4.1 | 2.8 | 2.9 | 1.3 | 10.8 | 3.6 | 3.0 | 2.9 | 1.2 | 2.0 | 3.9 | 6.7 | 9.3 |
| 9,000-9,999----- | 44.8 | 3.2 | 3.7 | 3.4 | .7 | 12.8 | 4.1 | 3.7 | 2.5 | 2.5 | 1.0 | 2.8 | 8.1 | 9.2 |
| 10,000-14,999----- | 41.0 | 3.6 | 3.9 | 3.2 | 1.4 | 11.6 | 2.8 | 4.1 | 3.6 | 1.1 | 1.3 | 3.6 | 5.6 | 6.9 |
| 15,000 AND OVER---- | 34.8 | 3.3 | 3.9 | 2.9 | 1.9 | 8.1 | 1.7 | 2.2 | 3.1 | 1.1 | .2 | 1.8 | 5.7 | 7.0 |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 2.--HOUSEHOLD COMPOSITION IN
TERMS OF MEALS AT HOME

NORTHEAST

U.S.A.

| SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 | TOTAL ‡ | PERCENT OF TOTAL MEALS AT HOME | | | | | | | | | | | | |
|---|------------|--------------------------------|-------|----------------|----------------|----------------|----------------------|------------|-------------|-------|-------------|-------|----------------|---------------------|
| | | TOTAL 20 YEARS AND OVER | MEN | | | | | WOMEN | | | | | | |
| | | | TOTAL | 20-34 YEARS | 35-54 YEARS | 55-74 YEARS | 75 YEARS AND OVER | TOTAL ‡ | 20-34 YEARS | | 35-54 YEARS | | 55-74 YEARS | 75 YEAR AND OVER |
| | | | | | | | | | PREGNANT | OTHER | PREGNANT | OTHER | | |
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) | (13) | (14) | (15) |
| ALL HOUSEHOLDS, YEAR- | 100.0 | 59.5 | 25.0 | 6.9 | 10.3 | 6.5 | 1.2 | 34.5 | .6 | 9.7 | .1 | 13.4 | 8.6 | 2.1 |
| SPRING----- | 100.0 | 59.3 | 24.7 | 7.3 | 10.3 | 6.0 | 1.2 | 34.6 | .7 | 9.9 | .1 | 13.5 | 8.1 | 2.3 |
| SUMMER----- | 100.0 | 59.6 | 25.4 | 6.4 | 11.1 | 6.8 | 1.1 | 34.2 | .7 | 9.3 | .0 | 14.1 | 8.4 | 1.7 |
| FALL----- | 100.0 | 58.5 | 24.9 | 7.4 | 9.7 | 6.5 | 1.3 | 33.6 | .5 | 9.4 | .2 | 12.1 | 8.9 | 2.5 |
| WINTER----- | 100.0 | 60.7 | 25.0 | 6.6 | 10.3 | 6.7 | 1.4 | 35.7 | .4 | 10.2 | .2 | 14.1 | 8.9 | 1.9 |
| UNDER 1,000----- | 100.0 | 98.0 | 24.1 | .7 | 4.2 | 4.8 | 14.4 | 73.9 | .0 | 2.0 | .0 | 11.1 | 31.4 | 29.4 |
| 1,000-1,999----- | 100.0 | 75.8 | 18.5 | 2.9 | 1.8 | 10.0 | 3.8 | 57.3 | .3 | 6.0 | .0 | 7.5 | 30.0 | 13.4 |
| 2,000-2,999----- | 100.0 | 63.5 | 19.9 | 3.4 | 3.6 | 10.1 | 2.8 | 43.6 | .4 | 9.8 | .1 | 7.5 | 19.1 | 6.8 |
| 3,000-3,999----- | 100.0 | 61.0 | 21.5 | 6.1 | 4.7 | 8.1 | 2.6 | 39.5 | .5 | 10.0 | .0 | 11.1 | 14.7 | 3.2 |
| 4,000-4,999----- | 100.0 | 52.6 | 23.0 | 8.4 | 8.8 | 5.0 | .8 | 29.6 | .7 | 11.0 | .3 | 10.5 | 5.5 | 1.8 |
| 5,000-5,999----- | 100.0 | 61.9 | 27.0 | 7.6 | 9.8 | 8.8 | .7 | 34.9 | .5 | 10.6 | .1 | 13.4 | 9.4 | .8 |
| 6,000-6,999----- | 100.0 | 56.8 | 25.3 | 7.6 | 11.0 | 5.3 | .9 | 31.5 | 1.0 | 9.1 | .0 | 14.2 | 5.4 | 1.8 |
| 7,000-7,999----- | 100.0 | 53.1 | 24.0 | 7.1 | 12.1 | 4.2 | .5 | 29.1 | .4 | 8.2 | .3 | 14.8 | 4.4 | .9 |
| 8,000-8,999----- | 100.0 | 56.6 | 25.4 | 7.4 | 13.9 | 3.7 | .4 | 31.2 | .2 | 10.5 | .1 | 14.6 | 4.3 | .7 |
| 9,000-9,999----- | 100.0 | 56.0 | 25.3 | 4.8 | 13.5 | 6.3 | .7 | 30.7 | .4 | 7.6 | .0 | 16.2 | 6.2 | .4 |
| 10,000-14,999----- | 100.0 | 61.0 | 27.6 | 7.2 | 13.6 | 6.0 | .8 | 33.4 | .8 | 8.3 | .2 | 16.6 | 6.2 | 1.2 |
| 15,000 AND OVER---- | 100.0 | 68.4 | 29.8 | 6.4 | 14.0 | 7.4 | 2.0 | 38.6 | .0 | 9.7 | .0 | 21.2 | 6.1 | 1.0 |

| | TOTAL UNDER 20 YEARS (16) | PERCENT OF TOTAL MEALS AT HOME | | | | | | | | | | | | |
|-----------------------|--|--------------------------------|-------|-------|-------|------------------|------|-------|-------|-------|------------------------|------|------|------|
| | | BOYS 9-19 YEARS | | | | GIRLS 9-19 YEARS | | | | | CHILDREN UNDER 9 YEARS | | | |
| | | 9-11 | 12-14 | 15-17 | 18-19 | TOTAL ‡ | 9-11 | 12-14 | 15-17 | 18-19 | UNDER 1 | 1-2 | 3-5 | 6-8 |
| | | (17) | (18) | (19) | (20) | (21) | (22) | (23) | (24) | (25) | (26) | (27) | (28) | (29) |
| ALL HOUSEHOLDS, YEAR- | 40.4 | 3.0 | 3.3 | 2.2 | 1.1 | 9.6 | 2.9 | 2.9 | 2.3 | 1.4 | 2.3 | 4.5 | 7.1 | 7.3 |
| SPRING----- | 40.6 | 2.8 | 3.2 | 2.3 | 1.2 | 9.2 | 2.8 | 3.0 | 2.5 | .8 | 2.7 | 4.6 | 7.4 | 7.4 |
| SUMMER----- | 40.4 | 3.3 | 3.8 | 2.4 | 1.0 | 9.7 | 2.7 | 3.3 | 2.2 | 1.5 | 2.0 | 4.4 | 7.8 | 6.0 |
| FALL----- | 41.5 | 3.2 | 3.2 | 2.1 | 1.1 | 8.8 | 3.1 | 1.9 | 2.1 | 1.7 | 2.4 | 5.1 | 7.6 | 7.9 |
| WINTER----- | 39.3 | 2.8 | 2.8 | 2.2 | 1.2 | 10.7 | 3.1 | 3.5 | 2.6 | 1.4 | 2.1 | 4.0 | 5.5 | 8.0 |
| UNDER 1,000----- | 2.0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | 2.0 | .0 | .0 | * |
| 1,000-1,999----- | 24.2 | 2.2 | * | .0 | .0 | 4.8 | 2.4 | .1 | 1.3 | 1.0 | 3.3 | 4.9 | 5.5 | 3.5 |
| 2,000-2,999----- | 36.5 | 2.0 | 2.7 | 1.2 | .6 | 8.3 | 2.0 | 2.6 | 1.7 | 1.4 | 2.0 | 4.9 | 7.2 | 7.5 |
| 3,000-3,999----- | 39.0 | 3.6 | 3.6 | 2.8 | 1.5 | 7.6 | 2.1 | 2.2 | 2.1 | 1.2 | 1.2 | 4.3 | 5.3 | 8.5 |
| 4,000-4,999----- | 47.4 | 3.1 | 2.9 | 1.2 | 1.1 | 12.8 | 3.7 | 3.8 | 2.8 | 2.5 | 5.1 | 6.6 | 7.3 | 7.4 |
| 5,000-5,999----- | 38.1 | 2.8 | 2.1 | 2.0 | 1.1 | 8.0 | 2.4 | 2.5 | 1.9 | 1.1 | 3.1 | 4.1 | 7.7 | 7.4 |
| 6,000-6,999----- | 43.2 | 2.8 | 4.2 | 2.7 | .7 | 9.6 | 3.3 | 2.0 | 2.9 | 1.4 | 1.8 | 5.1 | 8.1 | 8.2 |
| 7,000-7,999----- | 47.0 | 3.6 | 4.2 | 2.2 | 1.6 | 10.2 | 3.8 | 3.8 | 2.1 | .4 | 2.2 | 5.9 | 8.8 | 8.3 |
| 8,000-8,999----- | 43.4 | 4.6 | 2.5 | 2.7 | 1.0 | 10.2 | 3.9 | 2.4 | 2.8 | 1.1 | 2.4 | 4.1 | 6.8 | 9.0 |
| 9,000-9,999----- | 44.0 | 3.7 | 4.0 | 3.2 | .8 | 12.0 | 4.1 | 3.9 | 1.3 | 2.7 | 1.1 | 3.2 | 8.5 | 7.4 |
| 10,000-14,999----- | 39.0 | 2.7 | 4.0 | 2.8 | 1.5 | 11.1 | 2.4 | 4.1 | 3.2 | 1.3 | 1.4 | 3.9 | 5.4 | 6.2 |
| 15,000 AND OVER---- | 31.6 | 2.1 | 3.9 | 3.9 | 2.4 | 7.9 | 1.7 | 2.4 | 2.3 | 1.5 | * | .9 | 5.5 | 5.1 |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 2.--HOUSEHOLD COMPOSITION IN
TERMS OF MEALS AT HOME

NORTHEAST

JULY 1966

| SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 | TOTAL * | PERCENT OF TOTAL MEALS AT HOME | | | | | | | | | | | | |
|---|------------|--------------------------------|-------|----------------|----------------|----------------|----------------------|------------|-------------|-------|-------------|-------|----------------|----------------------|
| | | TOTAL 20 YEARS AND OVER | MEN | | | | | WOMEN | | | | | | |
| | | | TOTAL | 20-34 YEARS | 35-54 YEARS | 55-74 YEARS | 75 YEARS AND OVER | TOTAL * | 20-34 YEARS | | 35-54 YEARS | | 55-74 YEARS | 75 YEARS AND OVER |
| | | | | | | | | | PREGNANT | OTHER | PREGNANT | OTHER | | |
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) | (13) | (14) | (15) |
| ALL HOUSEHOLDS, YEAR- | 100.0 | 56.6 | 26.9 | 6.1 | 12.7 | 6.4 | 1.6 | 29.7 | .5 | 6.9 | .1 | 13.5 | 6.3 | 2.3 |
| SPRING----- | 100.0 | 53.8 | 25.4 | 5.7 | 13.5 | 5.1 | 1.2 | 28.4 | .3 | 7.0 | .1 | 13.4 | 6.0 | 1.6 |
| SUMMER----- | 100.0 | 55.9 | 26.7 | 5.6 | 13.3 | 6.6 | 1.2 | 29.2 | 1.0 | 5.1 | .3 | 15.0 | 5.4 | 2.5 |
| FALL----- | 100.0 | 60.3 | 27.3 | 6.8 | 11.7 | 6.7 | 2.1 | 33.0 | .6 | 11.3 | .0 | 12.8 | 6.4 | 1.9 |
| WINTER----- | 100.0 | 57.2 | 28.2 | 6.5 | 12.1 | 7.4 | 2.1 | 29.0 | .3 | 5.2 | .2 | 12.8 | 7.2 | 3.3 |
| UNDER 3,000----- | 100.0 | 79.5 | 32.6 | 2.7 | 4.5 | 16.6 | 8.8 | 46.9 | .0 | 6.8 | .0 | 11.0 | 20.8 | 8.4 |
| 3,000-4,999----- | 100.0 | 55.1 | 26.7 | 8.5 | 10.2 | 7.5 | .5 | 28.4 | 1.1 | 8.6 | .0 | 12.2 | 5.9 | .5 |
| 5,000-6,999----- | 100.0 | 52.4 | 26.2 | 6.5 | 13.8 | 4.8 | 1.1 | 26.2 | .5 | 7.1 | .2 | 13.2 | 4.6 | .7 |
| 7,000-9,999----- | 100.0 | 54.7 | 26.6 | 6.8 | 14.4 | 5.1 | .3 | 28.1 | .4 | 6.6 | .3 | 13.5 | 4.4 | 2.9 |
| 10,000 AND OVER---- | 100.0 | 53.0 | 24.4 | 3.3 | 15.9 | 4.3 | .8 | 28.6 | .2 | 6.3 | .0 | 17.6 | 3.4 | .9 |

| TOTAL UNDER 20 YEARS | PERCENT OF TOTAL MEALS AT HOME | | | | | | | | | | | | |
|----------------------------|--------------------------------|-------|-------|-------|------------------|------|-------|-------|-------|------------------------|------|------|------|
| | BOYS 9-19 YEARS | | | | GIRLS 9-19 YEARS | | | | | CHILDREN UNDER 9 YEARS | | | |
| | 9-11 | 12-14 | 15-17 | 18-19 | TOTAL + | 9-11 | 12-14 | 15-17 | 18-19 | UNDER 1 | 1-2 | 3-5 | 6-8 |
| | (16) | (17) | (18) | (19) | (20) | (21) | (22) | (23) | (24) | (25) | (26) | (27) | (28) |
| -- 43.4 | 4.1 | 2.8 | 3.2 | 1.3 | 10.8 | 3.2 | 3.1 | 3.5 | .9 | 1.9 | 4.0 | 6.7 | 8.6 |
| -- 46.2 | 3.8 | 3.2 | 3.4 | 2.1 | 12.2 | 3.5 | 4.0 | 3.7 | .9 | 2.2 | 3.6 | 6.8 | 8.9 |
| -- 44.1 | 4.9 | 3.3 | 4.0 | 1.3 | 11.4 | 3.8 | 2.5 | 4.4 | .8 | 2.1 | 3.3 | 5.0 | 6.3 |
| -- 39.7 | 3.6 | 1.4 | 1.8 | .9 | 7.5 | 1.8 | 2.3 | 2.2 | 1.2 | 1.9 | 5.1 | 9.3 | 8.2 |
| -- 42.9 | 4.0 | 2.9 | 3.5 | .9 | 11.4 | 3.4 | 3.5 | 3.5 | .8 | 1.5 | 4.0 | 6.2 | 8.3 |
| -- 20.4 | 1.9 | .9 | .2 | 1.1 | 5.3 | 1.7 | .9 | 1.7 | 1.0 | .1 | 2.0 | 4.7 | 4.3 |
| -- 44.9 | 3.9 | 3.5 | 3.2 | 1.2 | 7.1 | 2.7 | 1.7 | 2.1 | .5 | 3.7 | 5.8 | 8.9 | 7.6 |
| -- 47.6 | 4.9 | 2.3 | 4.2 | 1.9 | 13.3 | 4.0 | 4.7 | 3.6 | .8 | 1.9 | 4.7 | 6.2 | 8.2 |
| -- 45.3 | 2.5 | 3.2 | 3.3 | 1.4 | 11.9 | 2.7 | 3.2 | 4.3 | 1.7 | 2.0 | 2.8 | 7.1 | 11.1 |
| -- 47.1 | 6.9 | 3.6 | 3.6 | .5 | 12.1 | 3.5 | 3.3 | 5.1 | .2 | .8 | 3.2 | 6.2 | 10.3 |

TABLE 2.--HOUSEHOLD COMPOSITION IN
TERMS OF MEALS AT HOME

NORTHEAST

RURAL PART

| SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 | TOTAL * | PERCENT OF TOTAL MEALS AT HOME | | | | | | | | | | | | |
|---|------------|--------------------------------|-------|----------------|----------------|----------------|----------------------|------------|-------------|-------|-------------|-------|----------------|----------------------|
| | | TOTAL 20 YEARS AND OVER | MEN | | | | | WOMEN | | | | | | |
| | | | TOTAL | 20-34 YEARS | 35-54 YEARS | 55-74 YEARS | 75 YEARS AND OVER | TOTAL * | 20-34 YEARS | | 35-54 YEARS | | 55-74 YEARS | 75 YEARS AND OVER |
| | | | | | | | | | PREGNANT | OTHER | PREGNANT | OTHER | | |
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) | (13) | (14) | (15) |
| ALL HOUSEHOLDS, YEAR-- | 100.0 | 55.0 | 28.4 | 5.3 | 14.7 | 6.6 | 1.9 | 26.6 | .8 | 5.0 | .0 | 13.7 | 5.6 | 1.5 |
| SPRING----- | 100.0 | 58.7 | 29.9 | 5.2 | 15.7 | 7.2 | 1.9 | 28.8 | .6 | 5.9 | .0 | 13.4 | 7.3 | 1.4 |
| SUMMER----- | 100.0 | 54.8 | 28.0 | 4.6 | 13.5 | 7.1 | 2.7 | 26.8 | .4 | 5.6 | .0 | 12.4 | 7.0 | 1.4 |
| FALL----- | 100.0 | 53.1 | 27.2 | 6.1 | 15.9 | 3.1 | 2.0 | 25.9 | 1.8 | 3.1 | .0 | 17.1 | 2.5 | 1.5 |
| WINTER----- | 100.0 | 53.6 | 28.6 | 5.4 | 14.2 | 8.3 | .7 | 25.0 | .6 | 5.1 | .0 | 12.6 | 5.0 | 1.7 |
| UNDER 3,000----- | 100.0 | 74.0 | 42.1 | 6.8 | 11.1 | 18.4 | 5.8 | 31.9 | .0 | 2.5 | .0 | 13.6 | 12.9 | 2.9 |
| 3,000-4,999----- | 100.0 | 52.3 | 26.2 | 5.7 | 11.4 | 8.0 | 1.1 | 26.1 | 1.3 | 5.0 | .0 | 11.8 | 7.3 | .4 |
| 5,000-6,999----- | 100.0 | 52.0 | 26.5 | 5.0 | 16.7 | 3.3 | 1.5 | 25.5 | 1.0 | 4.7 | .0 | 15.2 | 3.0 | 1.5 |
| 7,000-9,999----- | 100.0 | 51.3 | 25.1 | 4.0 | 16.3 | 3.6 | 1.2 | 26.2 | .4 | 6.8 | .0 | 13.5 | 3.6 | 1.9 |
| 10,000 AND OVER---- | 100.0 | 55.1 | 30.5 | 7.3 | 17.9 | 3.5 | 1.7 | 24.6 | 1.5 | 4.1 | .0 | 14.7 | 3.0 | 1.3 |

| | TOTAL UNDER 20 YEARS (16) | PERCENT OF TOTAL MEALS AT HOME | | | | | | | | | | | | |
|-----------------------|--|--------------------------------|-------|-------|-------|------------------|------|-------|-------|-------|------------------------|------|------|------|
| | | BOYS 9-19 YEARS | | | | GIRLS 9-19 YEARS | | | | | CHILDREN UNDER 9 YEARS | | | |
| | | 9-11 | 12-14 | 15-17 | 18-19 | TOTAL * | 9-11 | 12-14 | 15-17 | 18-19 | UNDER 1 | 1-2 | 3-5 | 6-8 |
| | | (17) | (18) | (19) | (20) | (21) | (22) | (23) | (24) | (25) | (26) | (27) | (28) | (29) |
| ALL HOUSEHOLDS, YEAR- | 45.0 | 4.4 | 3.2 | 4.5 | 1.9 | 12.4 | 3.9 | 4.1 | 3.6 | .7 | 1.2 | 2.7 | 5.5 | 9.0 |
| SPRING----- | 41.3 | 3.8 | 2.9 | 3.1 | 1.1 | 11.0 | 3.2 | 3.8 | 2.6 | 1.4 | 1.6 | 3.1 | 6.6 | 8.0 |
| SUMMER----- | 45.2 | 4.7 | 4.2 | 2.9 | 1.6 | 10.1 | 3.1 | 3.9 | 2.6 | .4 | 1.8 | 3.4 | 5.6 | 10.9 |
| FALL----- | 46.9 | 7.2 | 2.6 | 4.9 | 1.7 | 16.5 | 4.5 | 5.7 | 5.6 | .6 | 1.3 | 1.2 | 5.0 | 6.5 |
| WINTER----- | 46.4 | 2.2 | 3.0 | 7.6 | 3.2 | 12.9 | 5.2 | 3.3 | 3.8 | .6 | .0 | 2.7 | 5.0 | 9.9 |
| UNDER 3,000----- | 26.0 | .9 | .3 | 2.8 | .4 | 10.4 | 3.4 | 4.3 | 1.7 | 1.1 | 1.6 | 1.9 | 2.1 | 5.7 |
| 3,000-4,999----- | 47.7 | 4.8 | 2.7 | 6.7 | 1.6 | 11.8 | 3.6 | 3.6 | 4.0 | .6 | 1.4 | 3.1 | 6.5 | 9.1 |
| 5,000-6,999----- | 48.0 | 4.8 | 5.2 | 4.7 | 1.1 | 10.9 | 3.3 | 3.8 | 3.6 | .2 | .8 | 3.7 | 6.6 | 10.2 |
| 7,000-9,999----- | 48.7 | 5.3 | 3.4 | 5.1 | 3.4 | 15.4 | 4.1 | 4.9 | 4.7 | 1.7 | 1.2 | 1.0 | 5.3 | 8.8 |
| 10,000 AND OVER---- | 44.9 | 6.8 | 2.7 | .8 | 4.7 | 13.4 | 5.1 | 5.7 | 2.4 | .3 | 2.2 | 1.0 | 6.4 | 6.8 |

TABLE 3.--NUTRITIVE VALUE OF DIETS
PER PERSON

NORTHEAST

BY URBANIZATION

| SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 | AVERAGE PER DAY | | | | | | | | | | |
|---|-----------------|---------|-------|-------------------|---------|------|-----------------------|---------|-----------------|--------|------------------|
| | FOOD ENERGY | PROTEIN | FAT | CARBO- HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO- FLAVIN | NIACIN | ASCORBIC ACID |
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) |
| | CAL | G | G | G | MG | MG | IU | MG | MG | MG | MG |
| ALL URBANIZATIONS | | | | | | | | | | | |
| ALL HOUSEHOLDS, YEAR-- | 3,075 | 105.0 | 145.3 | 338.4 | 1,110 | 18.9 | 7,700 | 1.54 | 2.40 | 25.1 | 112 |
| SPRING----- | 3,134 | 106.1 | 149.9 | 340.9 | 1,103 | 19.1 | 7,840 | 1.54 | 2.42 | 25.2 | 113 |
| SUMMER----- | 2,941 | 99.6 | 137.6 | 327.9 | 1,040 | 18.4 | 7,700 | 1.46 | 2.27 | 24.3 | 111 |
| FALL----- | 3,091 | 106.3 | 146.0 | 339.9 | 1,133 | 18.8 | 7,820 | 1.55 | 2.44 | 25.5 | 107 |
| WINTER----- | 3,130 | 107.9 | 147.4 | 344.4 | 1,160 | 19.2 | 7,460 | 1.57 | 2.46 | 25.4 | 114 |
| UNDER 1,000----- | 2,765 | 96.1 | 119.9 | 332.3 | 997 | 17.9 | 7,300 | 1.44 | 2.19 | 23.4 | 87 |
| 1,000-1,999----- | 2,708 | 96.2 | 127.8 | 299.5 | 1,063 | 17.8 | 7,950 | 1.41 | 2.24 | 23.4 | 103 |
| 2,000-2,999----- | 2,888 | 98.5 | 133.0 | 328.0 | 1,031 | 18.2 | 8,120 | 1.46 | 2.29 | 23.5 | 96 |
| 3,000-3,999----- | 3,029 | 102.6 | 141.4 | 339.6 | 1,070 | 18.7 | 7,510 | 1.54 | 2.36 | 24.4 | 100 |
| 4,000-4,999----- | 3,008 | 101.0 | 138.4 | 343.5 | 1,085 | 18.5 | 7,510 | 1.55 | 2.35 | 24.4 | 103 |
| 5,000-5,999----- | 3,062 | 104.3 | 144.4 | 338.5 | 1,070 | 19.1 | 8,050 | 1.53 | 2.39 | 25.5 | 105 |
| 6,000-6,999----- | 3,144 | 105.5 | 149.6 | 347.0 | 1,131 | 19.3 | 7,500 | 1.57 | 2.39 | 25.5 | 113 |
| 7,000-7,999----- | 3,023 | 103.6 | 144.1 | 328.9 | 1,090 | 18.6 | 7,350 | 1.51 | 2.36 | 25.0 | 107 |
| 8,000-8,999----- | 3,166 | 107.1 | 148.8 | 352.7 | 1,157 | 19.0 | 7,240 | 1.58 | 2.45 | 25.3 | 121 |
| 9,000-9,999----- | 3,241 | 111.4 | 152.5 | 355.9 | 1,183 | 20.0 | 7,980 | 1.58 | 2.51 | 26.0 | 120 |
| 10,000-14,999----- | 3,161 | 109.5 | 152.9 | 334.3 | 1,169 | 19.0 | 7,760 | 1.54 | 2.50 | 25.7 | 126 |
| 15,000 AND OVER---- | 3,183 | 112.4 | 155.0 | 330.0 | 1,164 | 19.3 | 8,830 | 1.48 | 2.47 | 26.6 | 149 |

TABLE 3.--NUTRITIVE VALUE OF DIETS
PER PERSON--CONTINUED

NORTHEAST

BY ORGANIZATION

| SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 | AVERAGE PER DAY | | | | | | | | | | |
|---|-----------------|---------|-------|-------------------|---------|------|-----------------------|---------|-----------------|--------|------------------|
| | FOOD ENERGY | PROTEIN | FAT | CARBO- HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO- FLAVIN | NIACIN | ASCORBIC ACID |
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) |
| URBAN | CAL | G | G | G | MG | MG | IU | MG | MG | MG | MG |
| ALL HOUSEHOLDS, YEAR- | 3,013 | 104.8 | 142.9 | 327.2 | 1,094 | 18.8 | 7,890 | 1.52 | 2.39 | 25.0 | 114 |
| SPRING----- | 3,118 | 107.1 | 150.0 | 334.4 | 1,095 | 19.2 | 8,340 | 1.55 | 2.44 | 25.4 | 117 |
| SUMMER----- | 2,882 | 100.2 | 135.1 | 317.1 | 1,038 | 18.5 | 7,840 | 1.45 | 2.28 | 24.2 | 110 |
| FALL----- | 3,021 | 105.4 | 142.4 | 330.4 | 1,102 | 18.8 | 7,780 | 1.55 | 2.41 | 25.3 | 111 |
| WINTER----- | 3,025 | 106.5 | 143.8 | 326.4 | 1,137 | 18.8 | 7,580 | 1.52 | 2.42 | 25.0 | 117 |
| UNDER 1,000----- | 2,077 | 76.9 | 97.0 | 229.4 | 797 | 14.4 | 6,650 | 1.06 | 1.75 | 19.3 | 79 |
| 1,000-1,999----- | 2,568 | 93.5 | 121.3 | 280.3 | 939 | 18.0 | 7,820 | 1.39 | 2.08 | 23.3 | 98 |
| 2,000-2,999----- | 2,869 | 98.5 | 133.0 | 322.2 | 1,022 | 18.2 | 8,630 | 1.47 | 2.31 | 23.7 | 101 |
| 3,000-3,999----- | 2,957 | 102.2 | 137.7 | 329.9 | 1,042 | 18.9 | 7,860 | 1.55 | 2.35 | 24.1 | 102 |
| 4,000-4,999----- | 2,958 | 102.3 | 136.4 | 333.7 | 1,088 | 18.4 | 7,910 | 1.55 | 2.38 | 24.4 | 105 |
| 5,000-5,999----- | 2,981 | 104.7 | 142.6 | 320.0 | 1,065 | 19.0 | 8,480 | 1.51 | 2.41 | 25.6 | 109 |
| 6,000-6,999----- | 3,062 | 104.4 | 145.6 | 334.7 | 1,125 | 19.3 | 7,610 | 1.54 | 2.39 | 24.9 | 117 |
| 7,000-7,999----- | 2,981 | 103.3 | 142.1 | 322.0 | 1,053 | 18.6 | 7,480 | 1.50 | 2.34 | 25.0 | 110 |
| 8,000-8,999----- | 3,131 | 107.6 | 148.9 | 342.8 | 1,157 | 18.9 | 7,380 | 1.55 | 2.43 | 25.1 | 123 |
| 9,000-9,999----- | 3,109 | 108.1 | 146.2 | 339.7 | 1,135 | 19.6 | 7,910 | 1.55 | 2.44 | 25.6 | 117 |
| 10,000-14,999----- | 3,139 | 109.7 | 152.0 | 330.0 | 1,168 | 18.8 | 7,610 | 1.53 | 2.49 | 25.6 | 125 |
| 15,000 AND OVER---- | 3,221 | 113.9 | 153.8 | 341.7 | 1,172 | 19.5 | 9,050 | 1.49 | 2.48 | 26.8 | 159 |
| RURAL NONFARM | | | | | | | | | | | |
| ALL HOUSEHOLDS, YEAR- | 3,220 | 104.7 | 151.3 | 364.5 | 1,149 | 18.9 | 7,050 | 1.56 | 2.40 | 25.4 | 104 |
| SPRING----- | 3,155 | 102.8 | 148.8 | 355.6 | 1,121 | 18.6 | 6,330 | 1.53 | 2.32 | 24.5 | 101 |
| SUMMER----- | 3,039 | 96.0 | 143.3 | 345.2 | 1,039 | 17.8 | 7,150 | 1.46 | 2.22 | 24.3 | 112 |
| FALL----- | 3,311 | 108.9 | 158.1 | 367.6 | 1,227 | 18.7 | 7,830 | 1.55 | 2.53 | 26.4 | 94 |
| WINTER----- | 3,383 | 111.3 | 155.9 | 389.1 | 1,217 | 20.4 | 7,040 | 1.70 | 2.55 | 26.5 | 107 |
| UNDER 3,000----- | 2,898 | 99.1 | 132.2 | 335.9 | 1,145 | 17.5 | 6,650 | 1.41 | 2.34 | 23.1 | 87 |
| 3,000-4,999----- | 3,142 | 98.6 | 146.0 | 363.5 | 1,097 | 18.2 | 6,210 | 1.51 | 2.29 | 24.5 | 96 |
| 5,000-6,999----- | 3,295 | 105.0 | 153.7 | 380.3 | 1,109 | 19.3 | 7,000 | 1.61 | 2.36 | 26.2 | 98 |
| 7,000-9,999----- | 3,313 | 109.2 | 155.7 | 372.0 | 1,213 | 19.5 | 7,200 | 1.61 | 2.52 | 25.9 | 110 |
| 10,000 AND OVER---- | 3,158 | 107.5 | 154.8 | 331.6 | 1,154 | 19.2 | 8,180 | 1.55 | 2.47 | 25.7 | 124 |

TABLE 3.--NUTRITIVE VALUE OF DIETS
PER PERSON--CONTINUED

NORTHEAST

BY ORGANIZATION

| SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 | AVERAGE PER DAY | | | | | | | | | | |
|---|-----------------|---------|-------|-------------------|---------|------|-----------------------|---------|-----------------|--------|------------------|
| | FOOD ENERGY | PROTEIN | FAT | CARBO- HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO- FLAVIN | NIACIN | ASCORBIC ACID |
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) |
| | CAL | G | G | G | MG | MG | IU | MG | MG | MG | MG |
| RURAL FARM--ALL FOOD | | | | | | | | | | | |
| ALL HOUSEHOLDS, YEAR-- | 3,648 | 113.9 | 163.4 | 440.2 | 1,227 | 21.0 | 8,390 | 1.78 | 2.66 | 26.7 | 112 |
| SPRING----- | 3,449 | 109.3 | 160.6 | 399.2 | 1,163 | 20.2 | 7,430 | 1.63 | 2.50 | 25.6 | 101 |
| SUMMER----- | 3,657 | 112.1 | 155.4 | 465.5 | 1,101 | 21.2 | 8,630 | 1.87 | 2.52 | 26.9 | 124 |
| FALL----- | 3,641 | 118.1 | 163.6 | 431.5 | 1,403 | 20.6 | 9,380 | 1.76 | 2.89 | 25.8 | 116 |
| WINTER----- | 3,829 | 116.7 | 175.7 | 454.8 | 1,289 | 21.5 | 8,120 | 1.84 | 2.78 | 28.1 | 104 |
| UNDER 3,000----- | 4,302 | 132.6 | 179.6 | 553.9 | 1,400 | 25.7 | 11,680 | 2.16 | 3.08 | 32.1 | 137 |
| 3,000-4,999----- | 3,657 | 110.5 | 165.3 | 442.7 | 1,217 | 20.7 | 7,870 | 1.78 | 2.66 | 25.4 | 99 |
| 5,000-6,999----- | 3,484 | 109.5 | 155.7 | 419.9 | 1,153 | 19.6 | 7,420 | 1.66 | 2.48 | 25.5 | 102 |
| 7,000-9,999----- | 3,478 | 109.1 | 157.0 | 417.2 | 1,215 | 20.2 | 7,490 | 1.76 | 2.55 | 25.6 | 108 |
| 10,000 AND OVER---- | 3,896 | 127.6 | 186.8 | 428.8 | 1,388 | 22.2 | 9,670 | 1.86 | 3.03 | 28.7 | 150 |
| RURAL FARM--HOME-PRODUCED FOOD | | | | | | | | | | | |
| ALL HOUSEHOLDS, YEAR-- | 622 | 30.7 | 34.2 | 50.5 | 443 | 4.0 | 2,930 | .32 | .89 | 4.9 | 29 |
| SPRING----- | 606 | 30.2 | 38.4 | 35.5 | 389 | 3.5 | 2,080 | .26 | .78 | 4.6 | 19 |
| SUMMER----- | 638 | 30.0 | 28.2 | 71.1 | 371 | 5.1 | 3,790 | .37 | .81 | 5.7 | 51 |
| FALL----- | 544 | 28.4 | 28.5 | 45.8 | 497 | 3.2 | 3,000 | .30 | .94 | 4.1 | 23 |
| WINTER----- | 687 | 34.1 | 42.6 | 43.0 | 534 | 3.6 | 2,570 | .30 | 1.05 | 4.9 | 17 |
| UNDER 3,000----- | 1,066 | 48.1 | 46.0 | 122.3 | 631 | 8.0 | 6,740 | .60 | 1.33 | 8.9 | 73 |
| 3,000-4,999----- | 698 | 35.2 | 40.2 | 51.4 | 537 | 4.0 | 2,740 | .32 | 1.03 | 5.4 | 26 |
| 5,000-6,999----- | 516 | 26.7 | 29.0 | 38.8 | 376 | 3.4 | 2,120 | .26 | .75 | 4.1 | 24 |
| 7,000-9,999----- | 464 | 22.5 | 28.4 | 30.8 | 334 | 2.6 | 2,180 | .24 | .67 | 3.5 | 17 |
| 10,000 AND OVER---- | 651 | 33.2 | 36.6 | 50.3 | 505 | 4.2 | 2,950 | .34 | 1.03 | 5.3 | 36 |



TABLE 4.--NUTRITIVE VALUE OF DIETS
PER NUTRITION UNIT

NORTHEAST

BY URBANIZATION

| SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 | AVERAGE PER DAY | | | | | | | |
|---|-----------------|---------|---------|------|-----------------------|---------|-----------------|------------------|
| | FOOD ENERGY | PROTEIN | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO- FLAVIN | ASCORBIC ACID |
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) |
| | CAL | G | MG | MG | IU | MG | MG | MG |
| ALL URBANIZATIONS | | | | | | | | |
| ALL HOUSEHOLDS, YEAR-- | 4,154 | 124.3 | 998 | 15.5 | 8,600 | 2.01 | 3.07 | 121 |
| SPRING----- | 4,230 | 126.0 | 990 | 15.6 | 8,790 | 2.06 | 3.09 | 120 |
| SUMMER----- | 3,945 | 117.1 | 925 | 15.0 | 8,550 | 1.89 | 2.89 | 121 |
| FALL----- | 4,227 | 127.2 | 1,034 | 15.8 | 8,840 | 2.05 | 3.15 | 118 |
| WINTER----- | 4,212 | 126.7 | 1,041 | 15.7 | 8,250 | 2.03 | 3.13 | 123 |
| UNDER 1,000----- | 4,351 | 111.5 | 979 | 16.5 | 7,580 | 2.07 | 2.99 | 90 |
| 1,000-1,999----- | 4,295 | 115.4 | 1,037 | 16.3 | 8,600 | 2.04 | 3.13 | 109 |
| 2,000-2,999----- | 4,209 | 118.1 | 958 | 16.0 | 8,980 | 1.99 | 3.07 | 104 |
| 3,000-3,999----- | 4,115 | 119.4 | 953 | 15.4 | 8,240 | 2.02 | 3.01 | 106 |
| 4,000-4,999----- | 4,152 | 124.9 | 974 | 15.3 | 8,790 | 2.07 | 3.08 | 116 |
| 5,000-5,999----- | 4,146 | 124.2 | 971 | 15.7 | 9,050 | 2.03 | 3.07 | 114 |
| 6,000-6,999----- | 4,162 | 124.1 | 1,011 | 15.8 | 8,410 | 2.02 | 3.02 | 123 |
| 7,000-7,999----- | 4,030 | 123.5 | 981 | 15.1 | 8,370 | 1.99 | 3.00 | 116 |
| 8,000-8,999----- | 4,186 | 126.4 | 1,034 | 15.3 | 8,100 | 2.04 | 3.08 | 131 |
| 9,000-9,999----- | 4,280 | 130.4 | 1,038 | 16.1 | 8,860 | 2.02 | 3.15 | 130 |
| 10,000-14,999----- | 4,129 | 126.5 | 1,021 | 15.2 | 8,470 | 1.95 | 3.11 | 135 |
| 15,000 AND OVER----- | 4,156 | 128.0 | 1,057 | 15.6 | 9,470 | 1.89 | 3.06 | 157 |

TABLE 4.--NUTRITIVE VALUE OF DIETS
PER NUTRITION UNIT--CONTINUED

NORTHEAST

BY URBANIZATION

| SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 | AVERAGE PER DAY | | | | | | | |
|---|-----------------|---------|---------|------|-----------------------|---------|-----------------|------------------|
| | FOOD ENERGY | PROTEIN | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO- FLAVIN | ASCORBIC ACID |
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) |
| URBAN | CAL | G | MG | MG | IU | MG | MG | MG |
| ALL HOUSEHOLDS, YEAR- | 4,093 | 124.5 | 988 | 15.5 | 8,810 | 2.00 | 3.07 | 123 |
| SPRING----- | 4,243 | 127.7 | 988 | 15.8 | 9,370 | 2.08 | 3.14 | 125 |
| SUMMER----- | 3,893 | 118.5 | 926 | 15.1 | 8,720 | 1.89 | 2.91 | 119 |
| FALL----- | 4,135 | 126.1 | 1,005 | 15.7 | 8,790 | 2.04 | 3.11 | 121 |
| WINTER----- | 4,094 | 125.6 | 1,029 | 15.3 | 8,380 | 1.98 | 3.09 | 126 |
| UNDER 1,000----- | 3,522 | 89.6 | 799 | 13.6 | 6,740 | 1.58 | 2.45 | 80 |
| 1,000-1,999----- | 4,164 | 115.8 | 912 | 16.4 | 8,650 | 2.03 | 2.95 | 107 |
| 2,000-2,999----- | 4,220 | 119.3 | 937 | 15.6 | 9,640 | 2.03 | 3.10 | 110 |
| 3,000-3,999----- | 4,081 | 120.2 | 933 | 15.5 | 8,670 | 2.05 | 3.03 | 109 |
| 4,000-4,999----- | 4,087 | 126.2 | 972 | 15.2 | 9,180 | 2.05 | 3.12 | 118 |
| 5,000-5,999----- | 4,081 | 125.0 | 976 | 15.7 | 9,530 | 2.03 | 3.12 | 119 |
| 6,000-6,999----- | 4,103 | 124.0 | 1,026 | 16.0 | 8,570 | 2.00 | 3.04 | 127 |
| 7,000-7,999----- | 3,989 | 123.8 | 962 | 15.1 | 8,550 | 2.00 | 2.98 | 118 |
| 8,000-8,999----- | 4,160 | 127.9 | 1,037 | 15.2 | 8,300 | 2.01 | 3.08 | 133 |
| 9,000-9,999----- | 4,115 | 126.8 | 997 | 15.7 | 8,790 | 2.00 | 3.08 | 126 |
| 10,000-14,999----- | 4,114 | 126.7 | 1,025 | 15.1 | 8,290 | 1.93 | 3.11 | 134 |
| 15,000 AND OVER---- | 4,152 | 127.6 | 1,008 | 15.9 | 9,550 | 1.89 | 3.04 | 165 |
| RURAL NONFARM | | | | | | | | |
| ALL HOUSEHOLDS, YEAR- | 4,293 | 122.8 | 1,019 | 15.5 | 7,860 | 2.02 | 3.04 | 112 |
| SPRING----- | 4,162 | 120.6 | 989 | 15.0 | 7,080 | 2.00 | 2.91 | 108 |
| SUMMER----- | 3,998 | 111.2 | 905 | 14.3 | 7,880 | 1.83 | 2.78 | 121 |
| FALL----- | 4,543 | 130.8 | 1,129 | 16.1 | 8,890 | 2.08 | 3.29 | 103 |
| WINTER----- | 4,511 | 129.7 | 1,072 | 16.8 | 7,800 | 2.17 | 3.22 | 116 |
| UNDER 3,000----- | 4,269 | 114.2 | 1,127 | 16.9 | 7,020 | 1.95 | 3.14 | 91 |
| 3,000-4,999----- | 4,239 | 118.4 | 986 | 15.1 | 7,160 | 2.04 | 2.94 | 104 |
| 5,000-6,999----- | 4,293 | 122.7 | 959 | 15.5 | 7,820 | 2.04 | 2.94 | 105 |
| 7,000-9,999----- | 4,360 | 127.8 | 1,067 | 15.8 | 8,040 | 2.02 | 3.15 | 121 |
| 10,000 AND OVER---- | 4,129 | 125.5 | 1,003 | 15.1 | 9,060 | 1.97 | 3.09 | 134 |

TABLE 4.--NUTRITIVE VALUE OF DIETS
PER NUTRITION UNIT--CONTINUED

NORTHEAST

BY ORGANIZATION

| SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 (1) | AVERAGE PER DAY | | | | | | | |
|--|-----------------|---------|---------|------|-----------------------|---------|-----------------|------------------|
| | FOOD ENERGY | PROTEIN | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO- FLAVIN | ASCORBIC ACID |
| | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) |
| | CAL | G | MG | MG | IU | MG | MG | MG |
| RURAL FARM--ALL FOOD | | | | | | | | |
| ALL HOUSEHOLDS, YEAR-- | 4,711 | 130.2 | 1,102 | 17.5 | 9,190 | 2.23 | 3.28 | 122 |
| SPRING----- | 4,577 | 127.3 | 1,061 | 17.1 | 8,230 | 2.13 | 3.15 | 107 |
| SUMMER----- | 4,818 | 130.0 | 1,086 | 19.3 | 9,590 | 2.42 | 3.16 | 142 |
| FALL----- | 4,603 | 133.5 | 1,174 | 16.0 | 10,080 | 2.10 | 3.50 | 124 |
| WINTER----- | 4,796 | 130.1 | 1,091 | 17.2 | 8,810 | 2.22 | 3.33 | 110 |
| UNDER 3,000----- | 5,884 | 150.5 | 1,303 | 22.3 | 12,470 | 2.85 | 3.96 | 144 |
| 3,000-4,999----- | 4,714 | 126.3 | 1,069 | 17.1 | 8,690 | 2.24 | 3.27 | 105 |
| 5,000-6,999----- | 4,469 | 125.9 | 1,047 | 16.5 | 8,220 | 2.08 | 3.04 | 116 |
| 7,000-9,999----- | 4,382 | 123.3 | 1,091 | 16.8 | 8,100 | 2.10 | 3.08 | 117 |
| 10,000 AND OVER----- | 4,950 | 145.4 | 1,192 | 17.6 | 10,540 | 2.34 | 3.69 | 156 |
| RURAL FARM--HOME-PRODUCED FOOD | | | | | | | | |
| ALL HOUSEHOLDS, YEAR-- | 804 | 35.1 | 398 | 3.3 | 3,210 | .40 | 1.10 | 32 |
| SPRING----- | 804 | 35.2 | 355 | 3.0 | 2,310 | .35 | .99 | 21 |
| SUMMER----- | 840 | 34.7 | 366 | 4.6 | 4,220 | .48 | 1.02 | 59 |
| FALL----- | 688 | 32.1 | 416 | 2.4 | 3,230 | .36 | 1.14 | 25 |
| WINTER----- | 860 | 38.0 | 452 | 2.9 | 2,780 | .37 | 1.25 | 17 |
| UNDER 3,000----- | 1,458 | 54.6 | 588 | 7.0 | 7,200 | .78 | 1.71 | 77 |
| 3,000-4,999----- | 900 | 40.2 | 471 | 3.3 | 3,020 | .41 | 1.27 | 28 |
| 5,000-6,999----- | 662 | 30.7 | 342 | 2.8 | 2,350 | .33 | .92 | 27 |
| 7,000-9,999----- | 585 | 25.4 | 300 | 2.2 | 2,350 | .29 | .81 | 18 |
| 10,000 AND OVER----- | 827 | 37.8 | 434 | 3.3 | 3,220 | .42 | 1.26 | 38 |

TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP

NORTHEAST

ALL URBANIZATI

| FOOD GROUP * | AVERAGE PER DAY | | | | | | | | | | |
|------------------------------|-----------------|---------|-------|---------------|---------|------|-----------------|---------|-------------|--------|---------------|
| | FOOD ENERGY | PROTEIN | FAT | CARBO-HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO-FLAVIN | NIACIN | ASCORBIC ACID |
| | (1) | (2) | (3) | (4) | (5) | (7) | (8) | (9) | (10) | (11) | (12) |
| | CAL | G | G | G | MG | MG | IU | MG | MG | MG | MG |
| ALL FOOD GROUPS----- | 3,075 | 105.0 | 145.3 | 338.4 | 1,110 | 18.9 | 7,710 | 1.54 | 2.40 | 25.1 | 112 |
| MILK, CREAM, CHEESE----- | 435 | 22.5 | 24.4 | 31.5 | 715 | .2 | 1,000 | .17 | .96 | .6 | 6 |
| MILK----- | 298 | 16.5 | 15.4 | 23.6 | 560 | * | 620 | .15 | .80 | .5 | 5 |
| CREAM, ICE CREAM----- | 65 | 1.4 | 3.9 | 6.4 | 46 | * | 160 | .01 | .07 | * | * |
| CHEESE----- | 64 | 4.4 | 4.8 | .7 | 104 | .2 | 200 | .01 | .08 | * | 0 |
| SOUP, MIXTURES----- | 7 | .2 | .3 | .8 | 6 | * | 20 | .01 | .01 | * | * |
| MEAT, POULTRY, FISH----- | 668 | 44.4 | 52.7 | .9 | 32 | 5.9 | 1,200 | .34 | .54 | 9.6 | 1 |
| BEEF----- | 276 | 18.3 | 21.9 | * | 11 | 2.7 | 30 | .05 | .15 | 3.5 | * |
| BACON, SALT PORK----- | 67 | .8 | 7.0 | .1 | 1 | .1 | 0 | .02 | .01 | .2 | 0 |
| OTHER PORK----- | 120 | 6.6 | 10.2 | * | 4 | 1.0 | 0 | .17 | .07 | 1.3 | 0 |
| LIVER----- | 5 | .7 | .1 | .2 | * | .3 | 880 | * | .09 | .3 | 1 |
| LUNCHMEAT, FRANKFURTERS----- | 80 | 3.7 | 6.9 | .5 | 2 | .6 | 80 | .05 | .07 | .8 | 0 |
| OTHER MEAT----- | 27 | 2.4 | 1.9 | * | 1 | .3 | * | .01 | .03 | .6 | * |
| POULTRY----- | 66 | 8.2 | 3.5 | * | 5 | .7 | 180 | .02 | .10 | 2.1 | * |
| FISH, SHELLFISH----- | 27 | 3.7 | 1.2 | .2 | 8 | .2 | 20 | .01 | .01 | .8 | * |
| OTHER PROTEIN FOOD----- | 147 | 9.2 | 9.4 | 6.8 | 37 | 1.6 | 520 | .08 | .14 | 1.4 | * |
| EGGS----- | 64 | 5.1 | 4.5 | .4 | 21 | .9 | 470 | .04 | .11 | * | 0 |
| DRY LEGUMES----- | 24 | 1.4 | .3 | 4.0 | 9 | .4 | 10 | .02 | .01 | .1 | * |
| NUTS, PEANUT BUTTER----- | 47 | 1.9 | 4.0 | 1.5 | 5 | .2 | * | .02 | .01 | 1.0 | * |
| SOUP, MIXTURES----- | 10 | .6 | .5 | .8 | 2 | .1 | 40 | .01 | .01 | .1 | * |
| ALL VEGETABLES----- | 190 | 6.1 | 3.1 | 37.7 | 68 | 2.7 | 3,290 | .21 | .17 | 3.1 | 44 |
| POTATOES----- | 93 | 2.0 | 2.1 | 17.0 | 8 | .6 | * | .07 | .03 | 1.5 | 11 |
| DARK GREEN----- | 4 | .4 | .1 | .7 | 12 | .2 | 670 | .01 | .02 | .1 | 7 |
| DEEP YELLOW----- | 9 | .2 | * | 2.1 | 5 | .1 | 1,330 | .01 | .01 | .1 | 1 |
| TOMATOES----- | 24 | .8 | .2 | 5.2 | 7 | .5 | 670 | .04 | .03 | .6 | 11 |
| OTHER----- | 54 | 2.4 | .4 | 11.8 | 34 | 1.1 | 450 | .07 | .07 | .7 | 14 |
| SOUP, MIXTURES----- | 6 | .3 | .2 | .9 | 2 | .1 | 170 | * | * | .1 | * |
| ALL FRUIT----- | 138 | 1.5 | .5 | 34.7 | 31 | 1.1 | 640 | .12 | .07 | .8 | 54 |
| CITRUS----- | 48 | .7 | .1 | 11.7 | 19 | .3 | 180 | .08 | .02 | .3 | 45 |
| OTHER VITAMIN C-RICH----- | 3 | .1 | * | .7 | 1 | * | 160 | * | * | * | 3 |
| OTHER----- | 87 | .7 | .3 | 22.2 | 12 | .7 | 300 | .04 | .04 | .4 | 7 |
| MIXTURES----- | * | * | * | * | * | * | * | * | * | * | * |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP--CONTINUED

NORTHEAST

ALL ORGANIZATIONS

| FOOD GROUP * | AVERAGE PER DAY | | | | | | | | | | |
|--------------------------------------|-----------------|---------|------|-------------------|---------|------|-----------------------|---------|-----------------|--------|------------------|
| | FOOD ENERGY | PROTEIN | FAT | CARBO- HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO- FLAVIN | NIACIN | ASCORBIC ACID |
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) |
| | CAL | G | G | G | MG | MG | IU | MG | MG | MG | MG |
| GRAIN, ENRICHED OR WHOLE GRAIN----- | 492 | 14.5 | 4.4 | 97.2 | 112 | 4.9 | 10 | .53 | .35 | 4.6 | * |
| FLOUR----- | 67 | 1.9 | .3 | 13.9 | 14 | .5 | * | .06 | .05 | .6 | 0 |
| CEREAL, PASTES----- | 163 | 4.4 | .8 | 34.3 | 25 | 2.1 | 10 | .23 | .11 | 1.7 | * |
| BREAD----- | 230 | 7.5 | 2.6 | 43.5 | 67 | 2.1 | * | .22 | .18 | 2.1 | 0 |
| OTHER BAKERY PRODUCTS----- | 32 | .8 | .8 | 5.5 | 6 | .2 | * | .02 | .02 | .2 | * |
| GRAIN, NOT ENRICHED OR WHOLE GRAIN-- | 299 | 5.5 | 9.7 | 48.3 | 51 | .9 | 110 | .06 | .07 | .7 | * |
| FLOUR----- | 31 | .4 | .9 | 5.7 | 9 | .1 | * | * | .01 | * | * |
| CEREAL, PASTES----- | 8 | .2 | .1 | 1.5 | * | * | * | * | * | * | 0 |
| BREAD----- | 31 | 1.1 | .2 | 6.3 | 8 | .2 | * | .02 | .01 | .2 | 0 |
| OTHER BAKERY PRODUCTS----- | 198 | 3.1 | 7.3 | 30.4 | 28 | .5 | 60 | .03 | .04 | .3 | * |
| SOUP, MIXTURES----- | 31 | .8 | 1.2 | 4.3 | 6 | .1 | 50 | .01 | .01 | .2 | * |
| FATS, OILS----- | 352 | .3 | 39.3 | .9 | 6 | * | 820 | * | * | * | * |
| BUTTER----- | 77 | .1 | 8.7 | * | 2 | .0 | 360 | .00 | .00 | .0 | 0 |
| MARGARINE----- | 98 | .1 | 11.0 | .1 | 3 | .0 | 450 | .00 | .00 | .0 | 0 |
| OIL, SALAD DRESSING----- | 121 | .1 | 13.4 | .6 | 1 | * | 20 | * | * | * | * |
| LARD----- | 18 | * | 2.0 | * | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| VEGETABLE SHORTENING----- | 38 | * | 4.2 | .2 | 0 | .0 | * | .00 | .00 | .0 | 0 |
| SUGAR, SWEETS----- | 292 | .8 | 1.7 | 71.3 | 23 | .5 | 70 | .01 | .02 | .2 | 5 |
| SUGAR, SIRUP, JELLY, CANDY----- | 222 | .5 | 1.6 | 53.4 | 18 | .4 | 10 | .01 | .02 | .1 | * |
| OTHER SWEETS-- | | | | | | | | | | | |
| ADDED VITAMIN C----- | 13 | * | * | 3.4 | 4 | * | 60 | * | * | * | 5 |
| NO ADDED VITAMIN C----- | 57 | .3 | .1 | 14.5 | 2 | * | * | * | * | * | * |
| OTHER FOOD----- | 62 | .3 | .1 | 9.0 | 31 | 1.1 | 50 | .01 | .07 | 4.3 | 0 |
| ALCOHOLIC BEVERAGE----- | 36 | .2 | .0 | 2.2 | 3 | * | 0 | * | .02 | .3 | 0 |
| SOME NUTRITIVE VALUE----- | 26 | .1 | .1 | 6.8 | 28 | 1.1 | 50 | .01 | .06 | 3.9 | 0 |

TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP

NORTHEAST

ALL URBANIZATION

| FOOD GROUP # (1) | AVERAGE PER DAY | | | | | | | | | | |
|------------------------------|-----------------|---------|-------|-------------------|---------|------|-----------------------|--------------|-----------------|--------|------------------|
| | FOOD ENERGY | PROTEIN | FAT | CARBO- HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIA- MIN | RIBO- FLAVIN | NIACIN | ASCORBIC ACID |
| | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) |
| | CAL | G | G | G | MG | MG | IU | MG | MG | MG | MG |
| ALL FOOD GROUPS----- | 3,134 | 106.1 | 149.9 | 340.9 | 1,103 | 19.1 | 7,840 | 1.54 | 2.42 | 25.2 | 113 |
| MILK, CREAM, CHEESE----- | 429 | 22.4 | 24.0 | 31.3 | 704 | .3 | 980 | .17 | .95 | .6 | 6 |
| MILK----- | 286 | 16.0 | 14.6 | 22.8 | 543 | * | 590 | .14 | .78 | .5 | 5 |
| CREAM, ICE CREAM----- | 68 | 1.5 | 4.1 | 6.7 | 48 | * | 170 | .01 | .07 | * | * |
| CHEESE----- | 67 | 4.7 | 5.0 | .8 | 107 | .2 | 200 | * | .09 | * | 0 |
| SOUP, MIXTURES----- | 8 | .2 | .3 | .9 | 7 | * | 20 | * | .01 | * | * |
| MEAT, POULTRY, FISH----- | 700 | 45.5 | 55.6 | 1.0 | 33 | 6.1 | 1,360 | .36 | .57 | 9.6 | * |
| BEEF----- | 281 | 16.3 | 22.5 | * | 11 | 2.7 | 30 | .05 | .15 | 3.5 | * |
| BACON, SALT PORK----- | 76 | 1.0 | 7.9 | .1 | 1 | .1 | 0 | .02 | .01 | .2 | 0 |
| OTHER PORK----- | 134 | 7.4 | 11.3 | * | 4 | 1.1 | 0 | .19 | .08 | 1.4 | 0 |
| LIVER----- | 5 | .8 | .2 | .2 | * | .3 | 1,040 | * | .11 | .4 | * |
| LUNCHMEAT, FRANKFURTERS----- | 86 | 4.0 | 7.4 | .5 | 2 | .6 | 90 | .06 | .08 | .9 | 0 |
| OTHER MEAT----- | 26 | 2.3 | 1.8 | * | 1 | .3 | * | .01 | .03 | .6 | * |
| POULTRY----- | 63 | 7.9 | 3.2 | * | 5 | .7 | 170 | .02 | .10 | 2.0 | * |
| FISH, SHELLFISH----- | 29 | 3.9 | 1.3 | .2 | 8 | .2 | 20 | .01 | .02 | .9 | * |
| OTHER PROTEIN FOOD----- | 148 | 9.5 | 9.4 | 6.7 | 39 | 1.7 | 550 | .08 | .15 | 1.3 | * |
| EGGS----- | 68 | 5.4 | 4.8 | .4 | 23 | 1.0 | 500 | .04 | .12 | * | 0 |
| DRY LEGUMES----- | 24 | 1.4 | .3 | 4.1 | 9 | .4 | 10 | .02 | * | .1 | * |
| NUTS, PEANUT BUTTER----- | 43 | 1.8 | 3.7 | 1.3 | 5 | .2 | * | .01 | .01 | 1.0 | * |
| SOUP, MIXTURES----- | 10 | .6 | .5 | .7 | 2 | * | 30 | * | * | * | * |
| ALL VEGETABLES----- | 187 | 5.9 | 3.2 | 36.6 | 68 | 2.6 | 3,290 | .20 | .16 | 3.0 | 42 |
| POTATOES----- | 95 | 2.1 | 2.3 | 17.2 | 8 | .6 | * | .07 | .03 | 1.5 | 11 |
| DARK GREEN----- | 4 | .4 | * | .7 | 13 | .2 | 720 | .01 | .02 | * | 7 |
| DEEP YELLOW----- | 8 | .2 | * | 1.9 | 5 | .1 | 1,340 | * | * | * | * |
| TOMATOES----- | 23 | .8 | .2 | 5.0 | 7 | .5 | 620 | .04 | .03 | .6 | 10 |
| OTHER----- | 51 | 2.2 | .4 | 11.0 | 33 | 1.1 | 450 | .07 | .07 | .7 | 13 |
| SOUP, MIXTURES----- | 6 | .3 | .2 | .9 | 2 | * | 160 | * | * | * | * |
| ALL FRUIT----- | 133 | 1.4 | .4 | 33.4 | 32 | 1.1 | 570 | .12 | .07 | .8 | 57 |
| CITRUS----- | 48 | .8 | .1 | 11.8 | 19 | .3 | 170 | .08 | .03 | .3 | 45 |
| OTHER VITAMIN C-RICH----- | 4 | * | * | 1.1 | 2 | * | 130 | * | * | * | 5 |
| OTHER----- | 80 | .6 | .3 | 20.5 | 11 | .7 | 270 | .04 | .04 | .4 | 6 |
| MIXTURES----- | * | * | * | * | * | * | * | * | * | * | * |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP--CONTINUED

NORTHEAST

ALL UTILIZATIONS

| FOOD GROUP † (1) | AVERAGE PER DAY | | | | | | | | | | |
|--------------------------------------|-----------------|---------|------|-------------------|---------|------|-----------------------|--------------|-----------------|--------|------------------|
| | FOOD ENERGY | PROTEIN | FAT | CARBO- HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIA- MIN | RIBO- FLAVIN | NIACIN | ASCORBIC ACID |
| | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) |
| | CAL | G | G | G | MG | MG | IU | MG | MG | MG | MG |
| GRAIN, ENRICHED OR WHOLE GRAIN----- | 480 | 14.2 | 4.3 | 95.0 | 110 | 4.8 | 10 | .52 | .35 | 4.5 | * |
| FLOUR----- | 60 | 1.7 | .3 | 12.5 | 12 | .5 | * | .06 | .04 | .5 | 0 |
| CEREAL, PASTES----- | 162 | 4.3 | .8 | 34.2 | 25 | 2.1 | * | .23 | .11 | 1.8 | * |
| BREAD----- | 224 | 7.3 | 2.5 | 42.4 | 65 | 2.0 | * | .21 | .17 | 2.0 | 0 |
| OTHER BAKERY PRODUCTS----- | 34 | .9 | .8 | 5.9 | 7 | .2 | * | .02 | .02 | .2 | * |
| GRAIN, NOT ENRICHED OR WHOLE GRAIN-- | 319 | 5.9 | 10.3 | 51.6 | 56 | 1.0 | 120 | .06 | .08 | .8 | * |
| FLOUR----- | 28 | .3 | .7 | 5.2 | 9 | * | * | * | * | * | * |
| CEREAL, PASTES----- | 11 | .3 | .1 | 2.3 | * | * | * | * | * | * | 0 |
| BREAD----- | 33 | 1.1 | .2 | 6.7 | 9 | .2 | * | .02 | .01 | .2 | 0 |
| OTHER BAKERY PRODUCTS----- | 214 | 3.3 | 7.9 | 32.9 | 31 | .6 | 60 | .03 | .05 | .4 | * |
| SOUP, MIXTURES----- | 33 | .8 | 1.3 | 4.5 | 7 | .1 | 50 | * | .01 | .2 | * |
| FATS, OILS----- | 364 | .3 | 40.7 | 1.0 | 6 | * | 820 | * | * | * | * |
| BUTTER----- | 81 | * | 9.2 | * | 2 | .0 | 370 | .00 | .00 | .0 | 0 |
| MARGARINE----- | 93 | * | 10.5 | * | 3 | .0 | 430 | .00 | .00 | .0 | 0 |
| OIL, SALAD DRESSING----- | 133 | * | 14.8 | .7 | 2 | * | 20 | * | * | * | * |
| LARD----- | 23 | * | 2.5 | * | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| VEGETABLE SHORTENING----- | 33 | * | 3.7 | .2 | 0 | .0 | * | .00 | .00 | .0 | 0 |
| SUGAR, SWEETS----- | 308 | .9 | 1.9 | 75.0 | 24 | .5 | 80 | .01 | .02 | .2 | 6 |
| SUGAR, SIRUP, JELLY, CANDY----- | 234 | .5 | 1.8 | 56.0 | 18 | .4 | * | * | .02 | .1 | * |
| OTHER SWEETS-- | | | | | | | | | | | |
| ADDED VITAMIN C----- | 15 | * | * | 4.0 | 5 | * | 70 | * | * | * | 6 |
| NO ADDED VITAMIN C----- | 59 | .3 | * | 15.0 | 1 | * | * | * | * | * | * |
| OTHER FOOD----- | 65 | .3 | .1 | 9.3 | 32 | 1.1 | 60 | .02 | .08 | 4.3 | 0 |
| ALCOHOLIC BEVERAGE----- | 38 | .2 | .0 | 2.4 | 3 | * | 0 | * | .02 | .3 | 0 |
| SOME NUTRITIVE VALUE----- | 27 | .1 | .1 | 7.0 | 29 | 1.1 | 60 | .02 | .06 | 4.0 | 0 |

† SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP

NORTHEAST

ALL URBANIZATION

| FOOD GROUP † | AVERAGE PER DAY | | | | | | | | | | |
|------------------------------|-----------------|---------|-------|-------------------|---------|------|-----------------------|---------|-----------------|--------|------------------|
| | FOOD ENERGY | PROTEIN | FAT | CARBO- HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO- FLAVIN | NIACIN | ASCORBIC ACID |
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) |
| | CAL | G | G | G | MG | MG | IU | MG | MG | MG | MG |
| ALL FOOD GROUPS----- | 2,941 | 99.6 | 137.6 | 327.9 | 1,040 | 18.4 | 7,700 | 1.46 | 2.27 | 24.3 | 111 |
| MILK, CREAM, CHEESE----- | 403 | 20.8 | 22.8 | 29.1 | 655 | .2 | 930 | .15 | .87 | .6 | 5 |
| MILK----- | 263 | 14.6 | 13.6 | 20.6 | 493 | * | 550 | .13 | .71 | .5 | 4 |
| CREAM, ICE CREAM----- | 70 | 1.5 | 4.1 | 7.1 | 49 | * | 170 | .01 | .07 | * | * |
| CHEESE----- | 64 | 4.6 | 4.8 | .7 | 107 | .2 | 200 | .01 | .09 | * | 0 |
| SOUP, MIXTURES----- | 6 | .2 | .3 | .7 | 6 | * | 20 | * | .01 | * | * |
| MEAT, POULTRY, FISH----- | 629 | 42.1 | 49.4 | .9 | 31 | 5.6 | 1,000 | .31 | .50 | 9.0 | 1 |
| BEEF----- | 266 | 17.8 | 21.0 | .0 | 10 | 2.6 | 30 | .05 | .15 | 3.4 | 0 |
| BACON, SALT PORK----- | 60 | .8 | 6.3 | .1 | 1 | .1 | 0 | .01 | .01 | .1 | 0 |
| OTHER PORK----- | 107 | 5.9 | 9.0 | * | 3 | .9 | 0 | .15 | .06 | 1.1 | 0 |
| LIVER----- | 4 | .5 | .1 | .1 | * | .2 | 690 | * | .07 | .3 | 1 |
| LUNCHMEAT, FRANKFURTERS----- | 84 | 3.9 | 7.3 | .5 | 2 | .6 | 80 | .05 | .07 | .9 | 0 |
| OTHER MEAT----- | 25 | 2.1 | 1.8 | * | 1 | .2 | * | .01 | .03 | .5 | * |
| POULTRY----- | 58 | 7.4 | 2.9 | * | 5 | .7 | 170 | .02 | .10 | 1.8 | * |
| FISH, SHELLFISH----- | 26 | 3.7 | 1.1 | .1 | 8 | .2 | 30 | .01 | .02 | .8 | * |
| OTHER PROTEIN FOOD----- | 137 | 8.5 | 8.7 | 6.5 | 35 | 1.5 | 500 | .07 | .13 | 1.3 | * |
| EGGS----- | 61 | 4.9 | 4.3 | .3 | 20 | .9 | 440 | .03 | .11 | * | 0 |
| DRY LEGUMES----- | 23 | 1.3 | .3 | 3.8 | 9 | .4 | 10 | .02 | .01 | .1 | * |
| NUTS, PEANUT BUTTER----- | 41 | 1.7 | 3.5 | 1.3 | 4 | .2 | * | .01 | .01 | 1.0 | * |
| SOUP, MIXTURES----- | 9 | .5 | .4 | .8 | 1 | .1 | 40 | * | .01 | .1 | * |
| ALL VEGETABLES----- | 198 | 6.4 | 3.4 | 39.2 | 70 | 2.7 | 3,070 | .22 | .18 | 3.2 | 48 |
| POTATOES----- | 90 | 1.9 | 2.4 | 15.8 | 8 | .6 | * | .07 | .03 | 1.4 | 10 |
| DARK GREEN----- | 4 | .3 | * | .7 | 11 | .2 | 590 | .01 | .02 | .1 | 7 |
| DEEP YELLOW----- | 6 | .1 | * | 1.5 | 4 | .1 | 1,050 | .01 | .01 | .1 | 1 |
| TOMATOES----- | 27 | 1.0 | .2 | 5.9 | 9 | .6 | 780 | .05 | .03 | .7 | 14 |
| OTHER----- | 67 | 2.9 | .6 | 14.7 | 37 | 1.2 | 510 | .09 | .09 | .9 | 16 |
| SOUP, MIXTURES----- | 5 | .2 | .1 | .7 | 1 | .1 | 130 | * | * | .1 | * |
| ALL FRUIT----- | 128 | 1.5 | .4 | 32.3 | 29 | 1.1 | 1,170 | .11 | .07 | 1.0 | 50 |
| CITRUS----- | 39 | .6 | .1 | 9.5 | 13 | .2 | 140 | .07 | .02 | .3 | 36 |
| OTHER VITAMIN C-RICH----- | 5 | .1 | * | 1.3 | 2 | .1 | 470 | .01 | .01 | .1 | 6 |
| OTHER----- | 84 | .8 | .3 | 21.4 | 13 | .8 | 560 | .04 | .05 | .6 | 9 |
| MIXTURES----- | * | * | * | * | * | * | * | * | * | * | * |

† SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP--CONTINUED

NORTHEAST

ALL URBANIZATI

| FOOD GROUP # (1) | AVERAGE PER DAY | | | | | | | | | | |
|--------------------------------------|-----------------|---------|------|-------------------|---------|------|-----------------------|---------|-----------------|--------|------------------|
| | FOOD ENERGY | PROTEIN | FAT | CARBO- HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO- FLAVIN | NIACIN | ASCORBIC ACID |
| | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) |
| | CAL | G | G | G | MG | MG | IU | MG | MG | MG | MG |
| GRAIN, ENRICHED OR WHOLE GRAIN----- | 462 | 13.7 | 4.3 | 91.1 | 110 | 4.6 | 10 | .50 | .33 | 4.4 | * |
| FLOUR----- | 50 | 1.4 | .2 | 10.3 | 13 | .4 | * | .05 | .03 | .4 | 0 |
| CEREAL, PASTES----- | 149 | 4.0 | .6 | 31.7 | 23 | 1.9 | 10 | .22 | .10 | 1.7 | * |
| BREAD----- | 227 | 7.4 | 2.5 | 42.8 | 67 | 2.1 | * | .21 | .17 | 2.0 | 0 |
| OTHER BAKERY PRODUCTS----- | 36 | .9 | .9 | 6.3 | 8 | .2 | 10 | .03 | .02 | .2 | * |
| GRAIN, NOT ENRICHED OR WHOLE GRAIN-- | 294 | 5.2 | 9.7 | 47.3 | 49 | .9 | 100 | .06 | .07 | .7 | * |
| FLOUR----- | 27 | .3 | .8 | 5.0 | 9 | .1 | * | * | * | * | 0 |
| CEREAL, PASTES----- | 8 | .2 | .1 | 1.6 | * | * | * | * | * | * | 0 |
| BREAD----- | 30 | 1.0 | .2 | 6.1 | 8 | .2 | * | .02 | .01 | .1 | 0 |
| OTHER BAKERY PRODUCTS----- | 200 | 3.1 | 7.5 | 30.5 | 27 | .5 | 60 | .03 | .04 | .4 | * |
| SOUP, MIXTURES----- | 29 | .7 | 1.1 | 4.1 | 5 | .1 | 40 | .01 | .01 | .1 | * |
| FATS, OILS----- | 334 | .3 | 37.2 | 1.1 | 6 | * | 780 | * | * | * | * |
| BUTTER----- | 72 | .1 | 8.1 | * | 2 | .0 | 330 | .09 | .09 | .0 | 0 |
| MARGARINE----- | 94 | .1 | 10.5 | .1 | 3 | .0 | 430 | .00 | .00 | .0 | 0 |
| OIL, SALAD DRESSING----- | 122 | .1 | 13.4 | .7 | 2 | * | 20 | * | * | * | * |
| LARD----- | 16 | * | 1.7 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| VEGETABLE SHORTENING----- | 31 | * | 3.3 | .2 | 0 | .0 | * | .00 | .00 | .0 | 0 |
| SUGAR, SWEETS----- | 292 | .8 | 1.6 | 71.8 | 25 | .5 | 60 | .01 | .02 | .1 | 6 |
| SUGAR, SIRUP, JELLY, CANDY----- | 213 | .5 | 1.5 | 51.4 | 18 | .4 | 10 | .01 | .02 | .1 | * |
| OTHER SWEETS-- | | | | | | | | | | | |
| ADDED VITAMIN C----- | 19 | * | * | 4.8 | 5 | * | 50 | .01 | * | * | 5 |
| NO ADDED VITAMIN C----- | 60 | .3 | .1 | 15.6 | 1 | * | * | * | * | * | * |
| OTHER FOOD----- | 63 | .3 | .1 | 8.7 | 30 | 1.1 | 70 | .02 | .08 | 4.2 | 0 |
| ALCOHOLIC BEVERAGE----- | 38 | .2 | .0 | 2.3 | 3 | * | 0 | * | .02 | .3 | 0 |
| SOME NUTRITIVE VALUE----- | 25 | .1 | .1 | 6.5 | 27 | 1.1 | 70 | .02 | .06 | 3.9 | 0 |

TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP

NORTHEAST

ALL URBANIZATION

| FOOD GROUP * | AVERAGE PER DAY | | | | | | | | | | |
|------------------------------|-----------------|---------|-------|-------------------|---------|------|-----------------------|---------|-----------------|--------|------------------|
| | FOOD ENERGY | PROTEIN | FAT | CARBO- HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO- FLAVIN | NIACIN | ASCORBIC ACID |
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) |
| | CAL | G | G | G | MG | MG | IU | MG | MG | MG | MG |
| ALL FOOD GROUPS----- | 3,091 | 106.3 | 146.0 | 339.9 | 1,133 | 18.8 | 7,830 | 1.55 | 2.44 | 25.5 | 107 |
| MILK, CREAM, CHEESE----- | 447 | 23.2 | 25.0 | 32.7 | 740 | .2 | 1,030 | .18 | 1.00 | .6 | 6 |
| MILK----- | 319 | 17.6 | 16.5 | 25.2 | 596 | * | 660 | .16 | .86 | .5 | 5 |
| CREAM, ICE CREAM----- | 62 | 1.3 | 3.8 | 6.0 | 43 | * | 160 | .01 | .06 | * | * |
| CHEESE----- | 60 | 4.0 | 4.6 | .7 | 95 | .1 | 190 | .01 | .08 | * | 0 |
| SOUP, MIXTURES----- | 6 | .2 | .2 | .7 | 5 | * | 20 | * | .01 | * | * |
| MEAT, POULTRY, FISH----- | 667 | 45.3 | 52.1 | .9 | 33 | 5.9 | 1,210 | .35 | .54 | 9.9 | 1 |
| BEEF----- | 263 | 17.8 | 20.7 | .0 | 10 | 2.7 | 30 | .05 | .15 | 3.4 | 0 |
| BACON, SALT PORK----- | 67 | .8 | 7.0 | .1 | 1 | .1 | 0 | .02 | .01 | .2 | 0 |
| OTHER PORK----- | 125 | 6.9 | 10.6 | * | 4 | 1.0 | 0 | .18 | .07 | 1.3 | 0 |
| LIVER----- | 4 | .6 | .1 | .2 | * | .2 | 890 | * | .09 | .3 | 1 |
| LUNCHMEAT, FRANKFURTERS----- | 71 | 3.3 | 6.1 | .4 | 2 | .5 | 60 | .05 | .06 | .7 | 0 |
| OTHER MEAT----- | 28 | 2.5 | 1.9 | * | 2 | .3 | * | .01 | .04 | .7 | * |
| POULTRY----- | 83 | 9.8 | 4.6 | * | 6 | .8 | 200 | .03 | .11 | 2.5 | * |
| FISH, SHELLFISH----- | 26 | 3.5 | 1.2 | .2 | 8 | .2 | 20 | .01 | .01 | .8 | * |
| OTHER PROTEIN FOOD----- | 149 | 9.1 | 9.8 | 6.5 | 37 | 1.6 | 530 | .08 | .14 | 1.4 | * |
| EGGS----- | 64 | 5.1 | 4.5 | .3 | 21 | .9 | 460 | .04 | .11 | * | 0 |
| DRY LEGUMES----- | 21 | 1.2 | .2 | 3.5 | 7 | .4 | 10 | .02 | .01 | .1 | * |
| NUTS, PEANUT BUTTER----- | 52 | 2.0 | 4.5 | 1.6 | 6 | .2 | * | .02 | .01 | 1.1 | * |
| SOUP, MIXTURES----- | 11 | .7 | .5 | .9 | 3 | .1 | 50 | .01 | .01 | .1 | * |
| ALL VEGETABLES----- | 186 | 6.0 | 2.8 | 37.2 | 69 | 2.6 | 3,560 | .20 | .16 | 3.0 | 44 |
| POTATOES----- | 90 | 2.0 | 1.8 | 16.9 | 8 | .6 | * | .07 | .03 | 1.5 | 11 |
| DARK GREEN----- | 4 | .4 | .1 | .8 | 13 | .3 | 740 | .01 | .02 | .1 | 7 |
| DEEP YELLOW----- | 13 | .3 | .1 | 3.1 | 7 | .2 | 1,660 | .01 | .01 | .1 | 2 |
| TOMATOES----- | 21 | .7 | .2 | 4.6 | 6 | .5 | 570 | .04 | .02 | .5 | 9 |
| OTHER----- | 50 | 2.3 | .4 | 10.8 | 33 | 1.1 | 410 | .06 | .07 | .6 | 14 |
| SOUP, MIXTURES----- | 7 | .3 | .2 | 1.0 | 2 | .1 | 180 | * | * | .1 | * |
| ALL FRUIT----- | 145 | 1.4 | .5 | 36.6 | 30 | 1.0 | 420 | .12 | .06 | .7 | 51 |
| CITRUS----- | 47 | .7 | .1 | 11.5 | 18 | .3 | 180 | .08 | .02 | .3 | 44 |
| OTHER VITAMIN C-RICH----- | 1 | * | * | .4 | * | * | 50 | * | * | * | 1 |
| OTHER----- | 96 | .6 | .3 | 24.7 | 12 | .7 | 200 | .04 | .04 | .4 | 6 |
| MIXTURES----- | * | * | * | * | * | * | * | * | * | * | * |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP--CONTINUED

NORTHEAST

ALL ORGANIZATIONS

| FOOD GROUP * | AVERAGE PER DAY | | | | | | | | | | |
|--------------------------------------|-----------------|---------|------|---------------|---------|------|-----------------|---------|-------------|--------|---------------|
| | FOOD ENERGY | PROTEIN | FAT | CARBO-HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO-FLAVIN | NIACIN | ASCORBIC ACID |
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) |
| | CAL | G | G | G | MG | MG | IU | MG | MG | MG | MG |
| GRAIN, ENRICHED OR WHOLE GRAIN----- | 505 | 14.9 | 4.4 | 99.9 | 115 | 5.0 | 10 | .55 | .37 | 4.7 | * |
| FLOUR----- | 84 | 2.3 | .3 | 17.5 | 17 | .7 | * | .08 | .06 | .7 | 0 |
| CEREAL, PASTES----- | 157 | 4.2 | .8 | 33.0 | 25 | 2.0 | 10 | .23 | .11 | 1.7 | * |
| BREAD----- | 233 | 7.6 | 2.6 | 44.1 | 68 | 2.1 | * | .22 | .18 | 2.1 | 0 |
| OTHER BAKERY PRODUCTS----- | 31 | .7 | .7 | 5.3 | 5 | .2 | * | .02 | .02 | .2 | * |
| GRAIN, NOT ENRICHED OR WHOLE GRAIN-- | 282 | 5.1 | 9.2 | 45.7 | 49 | .9 | 110 | .06 | .07 | .7 | * |
| FLOUR----- | 33 | .4 | .9 | 6.1 | 9 | .1 | * | * | .01 | * | 0 |
| CEREAL, PASTES----- | 5 | .1 | .1 | 1.1 | * | * | * | * | * | * | 0 |
| BREAD----- | 24 | .8 | .2 | 5.0 | 7 | .2 | * | .02 | .01 | .1 | 0 |
| OTHER BAKERY PRODUCTS----- | 188 | 2.9 | 6.8 | 29.2 | 27 | .5 | 60 | .03 | .04 | .3 | * |
| SOUP, MIXTURES----- | 31 | .8 | 1.3 | 4.3 | 6 | .1 | 50 | .01 | .01 | .1 | * |
| FATS, OILS----- | 360 | .2 | 40.3 | .8 | 6 | * | 850 | * | * | * | * |
| BUTTER----- | 83 | .1 | 9.4 | * | 2 | .0 | 380 | .00 | .00 | .0 | 0 |
| MARGARINE----- | 99 | .1 | 11.1 | .1 | 3 | .0 | 450 | .00 | .00 | .0 | 0 |
| OIL, SALAD DRESSING----- | 120 | .1 | 13.3 | .6 | 1 | * | 20 | * | * | * | * |
| LARD----- | 13 | * | 1.4 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| VEGETABLE SHORTENING----- | 45 | * | 5.1 | .1 | 0 | .0 | * | .00 | .00 | .0 | 0 |
| SUGAR, SWEETS----- | 288 | .8 | 1.6 | 70.4 | 22 | .5 | 70 | .01 | .02 | .2 | 5 |
| SUGAR, SIRUP, JELLY, CANDY----- | 227 | .5 | 1.6 | 54.8 | 17 | .5 | 10 | .01 | .02 | .1 | * |
| OTHER SWEETS-- | | | | | | | | | | | |
| ADDED VITAMIN C----- | 10 | * | * | 2.5 | 3 | * | 60 | * | * | * | 4 |
| NO ADDED VITAMIN C----- | 51 | .3 | .1 | 13.1 | 2 | * | * | * | * | * | * |
| OTHER FOOD----- | 62 | .3 | .1 | 9.1 | 32 | 1.0 | 40 | .01 | .07 | 4.3 | 0 |
| ALCOHOLIC BEVERAGE----- | 35 | .2 | .0 | 2.2 | 3 | * | 0 | * | .02 | .3 | 0 |
| SOME NUTRITIVE VALUE----- | 26 | .1 | .1 | 6.9 | 29 | 1.0 | 40 | .01 | .05 | 4.0 | 0 |

TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP

NORTHEAST

ALL ORGANIZATI

| FOOD GROUP * | AVERAGE PER DAY | | | | | | | | | | |
|------------------------------|-----------------|---------|-------|---------------|---------|------|-----------------|---------|-------------|--------|---------------|
| | FOOD ENERGY | PROTEIN | FAT | CARBO-HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO-FLAVIN | NIACIN | ASCORBIC ACID |
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) |
| | CAL | G | G | G | MG | MG | IU | MG | MG | MG | MG |
| ALL FOOD GROUPS----- | 3,130 | 107.9 | 147.4 | 344.4 | 1,160 | 19.2 | 7,460 | 1.57 | 2.46 | 25.4 | 114 |
| MILK, CREAM, CHEESE----- | 458 | 23.8 | 25.8 | 33.0 | 762 | .2 | 1,050 | .18 | 1.02 | .7 | 6 |
| MILK----- | 323 | 17.9 | 16.7 | 25.5 | 605 | * | 670 | .16 | .87 | .6 | 6 |
| CREAM, ICE CREAM----- | 61 | 1.3 | 3.7 | 5.9 | 43 | * | 150 | .01 | .06 | * | * |
| CHEESE----- | 65 | 4.3 | 5.0 | .6 | 106 | .1 | 200 | .01 | .08 | * | 3 |
| SOUP, MIXTURES----- | 8 | .3 | .4 | 1.0 | 8 | * | 20 | .01 | .01 | .1 | * |
| MEAT, POULTRY, FISH----- | 676 | 44.6 | 53.4 | .9 | 33 | 5.9 | 1,200 | .33 | .54 | 9.6 | 1 |
| BEEF----- | 292 | 19.3 | 23.3 | * | 11 | 2.9 | 30 | .05 | .16 | 3.7 | 0 |
| BACON, SALT PORK----- | 65 | .8 | 6.8 | .1 | 1 | .1 | 0 | .02 | .01 | .1 | 0 |
| OTHER PORK----- | 116 | 6.3 | 9.9 | * | 4 | .9 | 0 | .16 | .07 | 1.2 | 0 |
| LIVER----- | 5 | .7 | .1 | .2 | * | .3 | 900 | .01 | .10 | .4 | 1 |
| LUNCHMEAT, FRANKFURTERS----- | 79 | 3.7 | 6.9 | .5 | 2 | .6 | 80 | .05 | .07 | .8 | 0 |
| OTHER MEAT----- | 29 | 2.6 | 2.0 | * | 2 | .3 | * | .01 | .03 | .7 | * |
| POULTRY----- | 61 | 7.6 | 3.2 | * | 5 | .7 | 160 | .02 | .09 | 1.9 | * |
| FISH, SHELLFISH----- | 27 | 3.6 | 1.2 | .1 | 8 | .2 | 20 | .01 | .01 | .8 | * |
| OTHER PROTEIN FOOD----- | 154 | 9.6 | 9.8 | 7.5 | 39 | 1.7 | 520 | .08 | .15 | 1.5 | * |
| EGGS----- | 65 | 5.1 | 4.5 | .4 | 21 | .9 | 470 | .04 | .11 | * | 0 |
| DRY LEGUMES----- | 27 | 1.6 | .3 | 4.6 | 9 | .5 | 10 | .02 | .01 | .1 | * |
| NUTS, PEANUT BUTTER----- | 51 | 2.1 | 4.4 | 1.6 | 6 | .2 | * | .02 | .01 | 1.1 | * |
| SOUP, MIXTURES----- | 9 | .5 | .4 | .7 | 2 | .1 | 40 | * | .01 | .1 | * |
| ALL VEGETABLES----- | 188 | 6.0 | 2.8 | 37.6 | 66 | 2.7 | 3,230 | .20 | .16 | 3.1 | 43 |
| POTATOES----- | 95 | 2.2 | 1.8 | 17.9 | 8 | .6 | * | .08 | .04 | 1.6 | 12 |
| DARK GREEN----- | 4 | .4 | .1 | .7 | 12 | .2 | 630 | .01 | .02 | .1 | 6 |
| DEEP YELLOW----- | 9 | .2 | * | 2.0 | 5 | .1 | 1,280 | .01 | .01 | .1 | 1 |
| TOMATOES----- | 25 | .8 | .2 | 5.4 | 7 | .6 | 680 | .04 | .03 | .6 | 11 |
| OTHER----- | 49 | 2.2 | .4 | 10.6 | 32 | 1.0 | 440 | .06 | .06 | .6 | 12 |
| SOUP, MIXTURES----- | 7 | .3 | .2 | 1.0 | 2 | .1 | 190 | * | * | .1 | * |
| ALL FRUIT----- | 145 | 1.5 | .5 | 36.5 | 34 | 1.1 | 400 | .13 | .07 | .8 | 59 |
| CITRUS----- | 57 | .9 | .2 | 13.9 | 24 | .4 | 210 | .10 | .03 | .4 | 53 |
| OTHER VITAMIN C-RICH----- | 1 | * | * | .3 | * | * | * | * | * | * | * |
| OTHER----- | 87 | .6 | .3 | 22.3 | 10 | .7 | 190 | .04 | .04 | .4 | 5 |
| MIXTURES----- | * | * | * | * | * | * | * | * | * | * | * |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP--CONTINUED

NORTHEAST

ALL ORGANIZATIONS

| FOOD GROUP * | AVERAGE PER DAY | | | | | | | | | | |
|---------------------------------------|-----------------|---------|------|-------------------|---------|------|-----------------------|---------|-----------------|--------|------------------|
| | FOOD ENERGY | PROTEIN | FAT | CARBO- HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO- FLAVIN | NIACIN | ASCORBIC ACID |
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) |
| | CAL | G | G | G | MG | MG | IU | MG | MG | MG | MG |
| GRAIN, ENRICHED OR WHOLE GRAIN----- | 520 | 15.3 | 4.6 | 102.6 | 115 | 5.2 | 10 | .55 | .37 | 4.7 | * |
| FLOUR----- | 73 | 2.0 | .3 | 15.3 | 15 | .6 | * | .07 | .05 | .6 | 0 |
| CEREAL, PASTES----- | 183 | 5.0 | 1.0 | 38.1 | 26 | 2.3 | 10 | .24 | .12 | 1.8 | * |
| BREAD----- | 237 | 7.7 | 2.7 | 44.7 | 69 | 2.2 | * | .22 | .18 | 2.1 | 0 |
| OTHER BAKERY PRODUCTS----- | 27 | .6 | .7 | 4.6 | 5 | .2 | * | .02 | .01 | .1 | * |
| GRAIN, NOT ENRICHED OR WHOLE GRAIN--- | 298 | 5.6 | 9.6 | 48.4 | 51 | .9 | 110 | .06 | .07 | .8 | * |
| FLOUR----- | 36 | .4 | 1.0 | 6.5 | 10 | .1 | * | * | .01 | * | 0 |
| CEREAL, PASTES----- | 6 | .2 | .1 | 1.2 | * | * | * | * | * | * | 0 |
| BREAD----- | 36 | 1.2 | .2 | 7.4 | 9 | .2 | * | .02 | .01 | .2 | 0 |
| OTHER BAKERY PRODUCTS----- | 188 | 2.9 | 6.9 | 28.9 | 26 | .5 | 60 | .03 | .04 | .3 | * |
| SOUP, MIXTURES----- | 32 | .9 | 1.3 | 4.4 | 6 | .1 | 50 | .01 | .01 | .2 | * |
| FATS, OILS----- | 351 | .2 | 39.2 | .9 | 6 | * | 830 | * | * | * | * |
| BUTTER----- | 72 | .1 | 8.2 | * | 2 | .0 | 330 | .00 | .00 | .0 | 0 |
| MARGARINE----- | 104 | .1 | 11.8 | .1 | 3 | .0 | 480 | .00 | .00 | .0 | 0 |
| OIL, SALAD DRESSING----- | 110 | .1 | 12.1 | .6 | 1 | * | 20 | * | * | * | * |
| LARD----- | 21 | * | 2.3 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| VEGETABLE SHORTENING----- | 43 | * | 4.8 | .2 | 0 | .0 | * | .00 | .00 | .0 | 0 |
| SUGAR, SWEETS----- | 280 | .9 | 1.7 | 68.0 | 22 | .5 | 70 | .02 | .02 | .2 | 5 |
| SUGAR, SIRUP, JELLY, CANDY----- | 213 | .5 | 1.6 | 51.1 | 17 | .4 | 10 | .01 | .02 | .1 | * |
| OTHER SWEETS--- | | | | | | | | | | | |
| ADDED VITAMIN C----- | 10 | * | * | 2.5 | 3 | * | 60 | * | * | * | 4 |
| NO ADDED VITAMIN C----- | 57 | .4 | .1 | 14.4 | 2 | * | * | * | * | * | * |
| OTHER FOOD----- | 60 | .3 | .1 | 8.9 | 31 | 1.0 | 40 | .01 | .06 | 4.2 | 0 |
| ALCOHOLIC BEVERAGE----- | 33 | .1 | .0 | 1.9 | 3 | * | 0 | * | .01 | .3 | 0 |
| SOME NUTRITIVE VALUE----- | 27 | .2 | .1 | 6.9 | 28 | 1.0 | 40 | .01 | .05 | 3.9 | 0 |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP

NORTHEAST

UR 107

| FOOD GROUP * | AVERAGE PER DAY | | | | | | | | | | |
|------------------------------|-----------------|---------|-------|-------------------|---------|------|-----------------------|---------|-----------------|--------|------------------|
| | FOOD ENERGY | PROTEIN | FAT | CARBO- HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO- FLAVIN | NIACIN | ASCORBIC ACID |
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) |
| | CAL | G | G | G | MG | MG | IU | MG | MG | MG | MG |
| ALL FOOD GROUPS----- | 3,013 | 104.8 | 142.9 | 327.2 | 1,094 | 18.8 | 7,890 | 1.52 | 2.39 | 25.0 | 114 |
| MILK, CREAM, CHEESE----- | 430 | 22.2 | 24.3 | 31.0 | 705 | .2 | 1,000 | .17 | .95 | .6 | 6 |
| MILK----- | 294 | 16.2 | 15.2 | 23.1 | 550 | * | 610 | .14 | .79 | .5 | 5 |
| CREAM, ICE CREAM----- | 64 | 1.4 | 3.9 | 6.2 | 45 | * | 160 | .01 | .06 | * | * |
| CHEESE----- | 64 | 4.4 | 4.9 | .7 | 104 | .1 | 200 | .01 | .08 | * | 0 |
| SOUP, MIXTURES----- | 8 | .2 | .3 | .9 | 7 | * | 20 | .01 | .01 | .1 | * |
| MEAT, POULTRY, FISH----- | 678 | 45.6 | 53.1 | .9 | 33 | 6.0 | 1,300 | .34 | .56 | 9.9 | 1 |
| BEEF----- | 279 | 18.4 | 22.2 | * | 11 | 2.7 | 30 | .05 | .15 | 3.5 | * |
| BACON, SALT PORK----- | 64 | .8 | 6.7 | .1 | 1 | .1 | 0 | .02 | .01 | .1 | 0 |
| OTHER PORK----- | 123 | 6.7 | 10.4 | * | 4 | 1.0 | 0 | .17 | .07 | 1.3 | 0 |
| LIVER----- | 5 | .7 | .1 | .2 | * | .3 | 960 | .01 | .10 | .4 | 1 |
| LUNCHMEAT, FRANKFURTERS----- | 76 | 3.5 | 6.6 | .4 | 2 | .6 | 90 | .05 | .07 | .8 | 0 |
| OTHER MEAT----- | 32 | 2.7 | 2.2 | * | 2 | .3 | * | .01 | .04 | .7 | * |
| POULTRY----- | 71 | 8.8 | 3.7 | * | 5 | .8 | 190 | .02 | .11 | 2.2 | * |
| FISH, SHELLFISH----- | 28 | 3.9 | 1.2 | .1 | 8 | .2 | 30 | .01 | .02 | .9 | * |
| OTHER PROTEIN FOOD----- | 142 | 8.9 | 9.0 | 6.7 | 36 | 1.6 | 520 | .08 | .14 | 1.3 | * |
| EGGS----- | 64 | 5.0 | 4.5 | .3 | 21 | .9 | 460 | .04 | .11 | * | 0 |
| DRY LEGUMES----- | 23 | 1.4 | .3 | 4.0 | 8 | .4 | 10 | .02 | .01 | .1 | * |
| NUTS, PEANUT BUTTER----- | 42 | 1.7 | 3.7 | 1.3 | 5 | .2 | * | .01 | .01 | .9 | * |
| SOUP, MIXTURES----- | 10 | .6 | .5 | .8 | 2 | .1 | 40 | .01 | .01 | .1 | * |
| ALL VEGETABLES----- | 180 | 5.9 | 2.9 | 35.5 | 70 | 2.6 | 3,420 | .20 | .17 | 2.9 | 44 |
| POTATOES----- | 84 | 1.8 | 2.0 | 15.3 | 7 | .6 | * | .07 | .03 | 1.3 | 10 |
| DARK GREEN----- | 5 | .4 | .1 | .8 | 15 | .3 | 800 | .01 | .02 | .1 | 8 |
| DEEP YELLOW----- | 9 | .2 | * | 2.1 | 5 | .1 | 1,330 | .01 | .01 | .1 | 1 |
| TOMATOES----- | 23 | .8 | .2 | 5.1 | 7 | .5 | 670 | .04 | .03 | .6 | 11 |
| OTHER----- | 52 | 2.3 | .4 | 11.2 | 34 | 1.1 | 450 | .07 | .07 | .7 | 14 |
| SOUP, MIXTURES----- | 7 | .3 | .2 | .9 | 2 | .1 | 180 | * | * | .1 | * |
| ALL FRUIT----- | 140 | 1.5 | .5 | 35.1 | 32 | 1.1 | 650 | .13 | .07 | .8 | 57 |
| CITRUS----- | 52 | .8 | .2 | 12.6 | 20 | .3 | 190 | .09 | .03 | .4 | 48 |
| OTHER VITAMIN C-RICH----- | 2 | * | * | .6 | 1 | * | 160 | * | * | * | 3 |
| OTHER----- | 86 | .7 | .3 | 21.9 | 12 | .8 | 300 | .04 | .04 | .4 | 7 |
| MIXTURES----- | * | * | * | * | * | * | * | * | * | * | * |

* SEE NOTES FOLLOWING #27, TABLE 18.

TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP--CONTINUED

NORTHEAST

URDA

| FOOD GROUP * | AVERAGE PER DAY | | | | | | | | | | |
|--------------------------------------|-----------------|---------|------|-------------------|---------|------|-----------------------|---------|-----------------|--------|------------------|
| | FOOD ENERGY | PROTEIN | FAT | CARBO- HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO- FLAVIN | NIACIN | ASCORBIC ACID |
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) |
| | CAL | G | G | G | MG | MG | IU | MG | MG | MG | MG |
| GRAIN, ENRICHED OR WHOLE GRAIN----- | 474 | 13.9 | 4.2 | 93.9 | 109 | 4.8 | 10 | .51 | .34 | 4.4 | * |
| FLOUR----- | 52 | 1.4 | .2 | 10.8 | 14 | .4 | * | .05 | .04 | .4 | 0 |
| CEREAL, PASTES----- | 170 | 4.5 | .8 | 35.8 | 26 | 2.2 | 10 | .24 | .12 | 1.8 | * |
| BREAD----- | 222 | 7.2 | 2.4 | 41.9 | 63 | 2.0 | * | .21 | .17 | 2.0 | 0 |
| OTHER BAKERY PRODUCTS----- | 31 | .8 | .7 | 5.3 | 6 | .2 | * | .02 | .02 | .2 | * |
| GRAIN, NOT ENRICHED OR WHOLE GRAIN-- | 297 | 5.5 | 9.6 | 48.0 | 51 | .9 | 110 | .06 | .07 | .7 | * |
| FLOUR----- | 29 | .3 | .8 | 5.3 | 8 | .1 | * | * | .01 | * | * |
| CEREAL, PASTES----- | 7 | .2 | .1 | 1.4 | * | * | * | * | * | * | 0 |
| BREAD----- | 34 | 1.2 | .2 | 7.0 | 9 | .2 | * | .02 | .01 | .2 | 0 |
| OTHER BAKERY PRODUCTS----- | 195 | 3.0 | 7.2 | 29.8 | 27 | .5 | 60 | .03 | .04 | .3 | * |
| SOUP, MIXTURES----- | 32 | .8 | 1.3 | 4.5 | 6 | .1 | 50 | .01 | .01 | .2 | * |
| FATS, OILS----- | 336 | .2 | 37.6 | .8 | 6 | * | 750 | * | * | * | * |
| BUTTER----- | 76 | .1 | 8.6 | * | 2 | .0 | 350 | .00 | .00 | .0 | 0 |
| MARGARINE----- | 84 | .1 | 9.5 | * | 2 | .0 | 390 | .00 | .00 | .0 | 0 |
| OIL, SALAD DRESSING----- | 129 | .1 | 14.4 | .6 | 1 | * | 20 | * | * | * | * |
| LARD----- | 19 | * | 2.1 | * | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| VEGETABLE SHORTENING----- | 28 | * | 3.1 | .2 | 0 | .0 | * | .00 | .00 | .0 | 0 |
| SUGAR, SWEETS----- | 272 | .8 | 1.6 | 66.4 | 21 | .4 | 70 | .01 | .02 | .1 | 5 |
| SUGAR, SIRUP, JELLY, CANDY----- | 200 | .5 | 1.5 | 47.9 | 15 | .4 | 10 | .01 | .02 | .1 | * |
| OTHER SWEETS-- | | | | | | | | | | | |
| ADDED VITAMIN C----- | 13 | * | * | 3.3 | 4 | * | 60 | * | * | * | 4 |
| NO ADDED VITAMIN C----- | 60 | .3 | .1 | 15.2 | 2 | * | * | * | * | * | * |
| OTHER FOOD----- | 64 | .3 | .1 | 8.9 | 30 | 1.1 | 60 | .02 | .08 | 4.2 | 0 |
| ALCOHOLIC BEVERAGE----- | 39 | .2 | .0 | 2.4 | 3 | * | 0 | * | .02 | .3 | 0 |
| SOME NUTRITIVE VALUE----- | 25 | .1 | .1 | 6.5 | 27 | 1.1 | 60 | .02 | .06 | 3.9 | 0 |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP

NORTHEAST

URBAN

| FOOD GROUP ‡ (1) | AVERAGE PER DAY | | | | | | | | | | |
|------------------------------|-----------------|---------|-------|-------------------|---------|------|-----------------------|--------------|-----------------|--------|------------------|
| | FOOD. ENERGY | PROTEIN | FAT | CARBO- HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIA- MIN | RIBO- FLAVIN | NIACIN | ASCORBIC ACID |
| | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) |
| | CAL | G | G | G | MG | MG | IU | MG | MG | MG | MG |
| ALL FOOD GROUPS----- | 3,118 | 107.1 | 150.0 | 334.4 | 1,095 | 19.2 | 8,340 | 1.55 | 2.44 | 25.4 | 117 |
| MILK, CREAM, CHEESE----- | 427 | 22.1 | 24.0 | 30.9 | 696 | .3 | 980 | .17 | .94 | .6 | 6 |
| MILK----- | 285 | 15.8 | 14.6 | 22.7 | 537 | * | 590 | .14 | .77 | .5 | 5 |
| CREAM, ICE CREAM----- | 66 | 1.4 | 4.0 | 6.4 | 46 | * | 170 | .01 | .07 | * | * |
| CHEESE----- | 67 | 4.6 | 5.0 | .9 | 106 | .2 | 210 | * | .09 | * | 0 |
| SOUP, MIXTURES----- | 8 | .2 | .4 | .9 | 7 | * | 20 | * | .01 | * | * |
| MEAT, POULTRY, FISH----- | 718 | 47.2 | 56.8 | 1.0 | 34 | 6.3 | 1,610 | .37 | .61 | 10.3 | * |
| BEEF----- | 284 | 18.3 | 22.8 | * | 11 | 2.7 | 30 | .05 | .15 | 3.5 | * |
| BACON, SALT PORK----- | 74 | .9 | 7.7 | .1 | 1 | .1 | 0 | .02 | .01 | .2 | 0 |
| OTHER PORK----- | 140 | 7.7 | 11.8 | * | 4 | 1.2 | 0 | .20 | .08 | 1.5 | 0 |
| LIVER----- | 6 | .9 | .2 | .2 | * | .3 | 1,250 | * | .12 | .5 | * |
| LUNCHMEAT, FRANKFURTERS----- | 85 | 3.9 | 7.3 | .5 | 2 | .6 | 110 | .06 | .06 | .9 | 0 |
| OTHER MEAT----- | 31 | 2.8 | 2.2 | * | 2 | .3 | * | .01 | .04 | .7 | * |
| POULTRY----- | 67 | 8.5 | 3.4 | * | 5 | .8 | 190 | .02 | .11 | 2.1 | * |
| FISH, SHELLFISH----- | 31 | 4.2 | 1.4 | .1 | 8 | .2 | 20 | .01 | .02 | .9 | * |
| OTHER PROTEIN FOOD----- | 146 | 9.4 | 9.2 | 6.7 | 38 | 1.7 | 550 | .08 | .15 | 1.2 | * |
| EGGS----- | 69 | 5.4 | 4.8 | .4 | 23 | 1.0 | 500 | .04 | .12 | * | 0 |
| DRY LEGUMES----- | 24 | 1.4 | .3 | 4.0 | 9 | .4 | 10 | .02 | * | .1 | * |
| NUTS, PEANUT BUTTER----- | 40 | 1.6 | 3.5 | 1.2 | 4 | .2 | * | .01 | * | .9 | * |
| SOUP, MIXTURES----- | 10 | .7 | .5 | .8 | 2 | * | 40 | * | * | * | * |
| ALL VEGETABLES----- | 183 | 5.9 | 3.2 | 35.6 | 72 | 2.7 | 3,560 | .20 | .17 | 2.9 | 44 |
| POTATOES----- | 89 | 1.9 | 2.2 | 15.7 | 8 | .6 | * | .07 | .03 | 1.4 | 10 |
| DARK GREEN----- | 5 | .5 | * | .9 | 16 | .3 | 850 | .01 | .02 | .1 | 8 |
| DEEP YELLOW----- | 9 | .2 | * | 2.0 | 5 | .1 | 1,430 | * | * | * | 1 |
| TOMATOES----- | 22 | .8 | .2 | 4.9 | 7 | .5 | 640 | .04 | .03 | .6 | 11 |
| OTHER----- | 51 | 2.3 | .4 | 11.1 | 34 | 1.1 | 480 | .07 | .07 | .7 | 14 |
| SOUP, MIXTURES----- | 7 | .3 | .2 | .9 | 2 | * | 180 | * | * | * | * |
| ALL FRUIT----- | 135 | 1.5 | .4 | 34.0 | 32 | 1.1 | 590 | .13 | .07 | .8 | 60 |
| CITRUS----- | 53 | .8 | .2 | 12.8 | 20 | .3 | 190 | .09 | .03 | .4 | 49 |
| OTHER VITAMIN C-RICH----- | 4 | * | * | .9 | 2 | * | 140 | * | * | * | 4 |
| OTHER----- | 79 | .6 | .2 | 20.2 | 11 | .7 | 260 | .04 | .04 | .4 | 7 |
| MIXTURES----- | * | * | * | * | * | * | * | * | * | * | * |

‡ SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP--CONTINUED

NORTHEAST

URBAN

| FOOD GROUP * | AVERAGE PER DAY | | | | | | | | | | |
|--------------------------------------|-----------------|---------|------|-------------------|---------|------|-----------------------|--------------|-----------------|--------|------------------|
| | FOOD ENERGY | PROTEIN | FAT | CARBO- HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIA- MIN | RIBO- FLAVIN | NIACIN | ASCORBIC ACID |
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) |
| | CAL | G | G | G | MG | MG | IU | MG | MG | MG | MG |
| GRAIN, ENRICHED OR WHOLE GRAIN----- | 464 | 13.6 | 4.1 | 92.0 | 107 | 4.7 | 10 | .51 | .34 | 4.4 | * |
| FLOUR----- | 45 | 1.2 | .2 | 9.2 | 12 | .4 | * | .04 | .03 | .4 | 0 |
| CEREAL, PASTES----- | 169 | 4.4 | .7 | 35.9 | 26 | 2.1 | * | .24 | .12 | 1.8 | * |
| BREAD----- | 217 | 7.1 | 2.4 | 41.1 | 62 | 2.0 | * | .20 | .17 | 2.0 | 0 |
| OTHER BAKERY PRODUCTS----- | 33 | .9 | .7 | 5.7 | 7 | .2 | * | .02 | .02 | .2 | * |
| GRAIN, NOT ENRICHED OR WHOLE GRAIN-- | 325 | 6.1 | 10.4 | 52.6 | 57 | 1.0 | 120 | .07 | .08 | .8 | * |
| FLOUR----- | 29 | .3 | .8 | 5.2 | 9 | * | * | * | * | * | * |
| CEREAL, PASTES----- | 12 | .3 | .1 | 2.4 | * | * | * | * | * | * | 0 |
| BREAD----- | 37 | 1.3 | .2 | 7.5 | 10 | .2 | * | .02 | .01 | .2 | 0 |
| OTHER BAKERY PRODUCTS----- | 214 | 3.4 | 8.0 | 32.9 | 31 | .6 | 70 | .03 | .05 | .4 | * |
| SOUP, MIXTURES----- | 33 | .9 | 1.3 | 4.6 | 7 | .1 | 50 | * | .01 | .2 | * |
| FATS, OILS----- | 356 | .3 | 40.1 | .8 | 6 | * | 780 | * | * | * | * |
| BUTTER----- | 82 | * | 9.2 | * | 2 | .0 | 380 | .00 | .00 | .0 | 0 |
| MARGARINE----- | 84 | * | 9.5 | * | 2 | .0 | 390 | .00 | .00 | .0 | 0 |
| OIL, SALAD DRESSING----- | 144 | * | 16.0 | .6 | 1 | * | 20 | * | * | * | * |
| LARD----- | 25 | * | 2.7 | * | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| VEGETABLE SHORTENING----- | 24 | * | 2.7 | .2 | 0 | .0 | * | .00 | .00 | .0 | 0 |
| SUGAR, SWEETS----- | 293 | .9 | 1.8 | 71.5 | 22 | .4 | 80 | .01 | .02 | .1 | 6 |
| SUGAR, SIRUP, JELLY, CANDY----- | 215 | .5 | 1.7 | 51.4 | 17 | .4 | * | * | .02 | .1 | * |
| OTHER SWEETS-- | | | | | | | | | | | |
| ADDED VITAMIN C----- | 15 | * | * | 3.9 | 4 | * | 70 | * | * | * | 5 |
| NO ADDED VITAMIN C----- | 63 | .3 | * | 16.1 | 2 | * | * | * | * | * | * |
| OTHER FOOD----- | 70 | .3 | .1 | 9.5 | 32 | 1.2 | 70 | .02 | .09 | 4.3 | 0 |
| ALCOHOLIC BEVERAGE----- | 43 | .2 | .0 | 2.6 | 4 | * | 0 | * | .02 | .4 | 0 |
| SOME NUTRITIVE VALUE----- | 26 | .1 | .1 | 6.8 | 28 | 1.2 | 70 | .02 | .07 | 4.0 | 0 |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP

NORTHEAST

UNDA

| FOOD GROUP * | AVERAGE PER DAY | | | | | | | | | | |
|------------------------------|-----------------|---------|-------|---------------|---------|------|-----------------|---------|-------------|--------|---------------|
| | FOOD ENERGY | PROTEIN | FAT | CARBO-HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO-FLAVIN | NIACIN | ASCORBIC ACID |
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) |
| | CAL | G | G | G | MG | MG | IU | MG | MG | MG | MG |
| ALL FOOD GROUPS----- | 2,882 | 100.2 | 135.1 | 317.1 | 1,038 | 18.5 | 7,840 | 1.45 | 2.28 | 24.2 | 110 |
| MILK, CREAM, CHEESE----- | 407 | 21.0 | 23.1 | 29.0 | 658 | .2 | 950 | .15 | .88 | .6 | 5 |
| MILK----- | 263 | 14.5 | 13.7 | 20.5 | 492 | * | 550 | .13 | .71 | .5 | 4 |
| CREAM, ICE CREAM----- | 70 | 1.5 | 4.1 | 7.0 | 49 | * | 170 | .01 | .07 | * | * |
| CHEESE----- | 66 | 4.7 | 4.9 | .7 | 111 | .2 | 200 | .01 | .09 | * | 0 |
| SOUP, MIXTURES----- | 8 | .2 | .3 | .8 | 7 | * | 20 | .01 | .01 | .1 | * |
| MEAT, POULTRY, FISH----- | 648 | 43.9 | 50.7 | .8 | 33 | 5.8 | 1,060 | .31 | .52 | 9.3 | 1 |
| BEEF----- | 277 | 18.3 | 22.0 | .0 | 11 | 2.7 | 30 | .05 | .15 | 3.5 | 0 |
| BACON, SALT PORK----- | 57 | .7 | 6.0 | .1 | 1 | .1 | 0 | .01 | .01 | .1 | 0 |
| OTHER PORK----- | 111 | 5.9 | 9.5 | * | 3 | .9 | 0 | .15 | .06 | 1.1 | 0 |
| LIVER----- | 4 | .6 | .1 | .1 | * | .2 | 720 | * | .08 | .3 | 1 |
| LUNCHMEAT, FRANKFURTERS----- | 76 | 3.5 | 6.6 | .4 | 2 | .6 | 70 | .05 | .07 | .8 | 0 |
| OTHER MEAT----- | 30 | 2.5 | 2.1 | * | 1 | .3 | * | .01 | .03 | .6 | * |
| POULTRY----- | 65 | 8.3 | 3.3 | * | 5 | .7 | 200 | .02 | .11 | 2.1 | * |
| FISH, SHELLFISH----- | 28 | 4.0 | 1.1 | .1 | 9 | .3 | 30 | .01 | .02 | .9 | * |
| OTHER PROTEIN FOOD----- | 127 | 8.0 | 8.0 | 6.0 | 33 | 1.5 | 480 | .07 | .13 | 1.1 | * |
| EGGS----- | 60 | 4.7 | 4.2 | .3 | 20 | .8 | 430 | .03 | .10 | * | 0 |
| DRY LEGUMES----- | 22 | 1.3 | .3 | 3.7 | 8 | .4 | 10 | .02 | .01 | .1 | * |
| NUTS, PEANUT BUTTER----- | 36 | 1.5 | 3.1 | 1.2 | 4 | .1 | * | .01 | .01 | .8 | * |
| SOUP, MIXTURES----- | 8 | .4 | .4 | .7 | 1 | .1 | 30 | * | .01 | .1 | * |
| ALL VEGETABLES----- | 181 | 6.0 | 3.0 | 35.8 | 70 | 2.6 | 3,170 | .21 | .17 | 2.9 | 46 |
| POTATOES----- | 80 | 1.7 | 2.1 | 14.1 | 7 | .5 | * | .06 | .03 | 1.2 | 8 |
| DARK GREEN----- | 4 | .4 | .1 | .8 | 14 | .3 | 720 | .02 | .02 | .1 | 8 |
| DEEP YELLOW----- | 7 | .1 | * | 1.5 | 4 | .1 | 1,060 | .01 | .01 | .1 | 1 |
| TOMATOES----- | 25 | .9 | .2 | 5.6 | 9 | .6 | 770 | .05 | .03 | .7 | 14 |
| OTHER----- | 60 | 2.6 | .5 | 13.1 | 35 | 1.1 | 480 | .08 | .08 | .8 | 14 |
| SOUP, MIXTURES----- | 5 | .2 | .1 | .7 | 1 | .1 | 140 | * | * | .1 | * |
| ALL FRUIT----- | 132 | 1.5 | .4 | 33.1 | 30 | 1.2 | 1,220 | .12 | .08 | 1.0 | 52 |
| CITRUS----- | 41 | .6 | .1 | 9.9 | 14 | .2 | 140 | .07 | .02 | .3 | 37 |
| OTHER VITAMIN C-RICH----- | 5 | .1 | * | 1.2 | 2 | .1 | 480 | .01 | .01 | .1 | 5 |
| OTHER----- | 86 | .8 | .3 | 21.9 | 14 | .9 | 600 | .04 | .05 | .6 | 9 |
| MIXTURES----- | * | * | * | * | * | * | * | * | * | * | * |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP--CONTINUED

NORTHEAST

URBAN

| FOOD GROUP * | AVERAGE PER DAY | | | | | | | | | | |
|--------------------------------------|-----------------|---------|------|-------------------|---------|------|-----------------------|---------|-----------------|--------|------------------|
| | FOOD ENERGY | PROTEIN | FAT | CARBO- HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO- FLAVIN | NIACIN | ASCORBIC ACID |
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) |
| | CAL | G | G | G | MG | MG | IU | MG | MG | MG | MG |
| GRAIN, ENRICHED OR WHOLE GRAIN----- | 451 | 13.2 | 4.1 | 89.2 | 108 | 4.6 | 20 | .49 | .32 | 4.3 | * |
| FLOUR----- | 38 | 1.0 | .2 | 7.9 | 13 | .3 | * | .04 | .03 | .3 | 0 |
| CEREAL, PASTES----- | 157 | 4.1 | .6 | 33.5 | 24 | 2.0 | 10 | .23 | .11 | 1.8 | * |
| BREAD----- | 221 | 7.2 | 2.4 | 41.9 | 64 | 2.0 | 0 | .21 | .17 | 2.0 | 0 |
| OTHER BAKERY PRODUCTS----- | 34 | .9 | .8 | 5.9 | 7 | .2 | 10 | .02 | .02 | .2 | * |
| GRAIN, NOT ENRICHED OR WHOLE GRAIN-- | 295 | 5.3 | 9.8 | 47.4 | 49 | .9 | 110 | .06 | .07 | .7 | * |
| FLOUR----- | 27 | .3 | .8 | 4.8 | 7 | * | * | * | * | * | 0 |
| CEREAL, PASTES----- | 7 | .1 | .1 | 1.4 | * | * | * | * | * | * | 0 |
| BREAD----- | 34 | 1.2 | .2 | 6.9 | 9 | .2 | * | .02 | .01 | .2 | 0 |
| OTHER BAKERY PRODUCTS----- | 196 | 3.0 | 7.5 | 29.8 | 27 | .5 | 60 | .03 | .04 | .3 | * |
| SOUP, MIXTURES----- | 32 | .7 | 1.3 | 4.5 | 5 | .1 | 40 | .01 | .01 | .1 | * |
| FATS, OILS----- | 308 | .2 | 34.3 | 1.0 | 6 | * | 700 | * | * | * | * |
| BUTTER----- | 68 | .1 | 7.7 | * | 2 | .0 | 310 | .00 | .00 | .0 | 0 |
| MARGARINE----- | 81 | .1 | 9.1 | * | 2 | .0 | 370 | .00 | .00 | .0 | 0 |
| OIL, SALAD DRESSING----- | 122 | .1 | 13.5 | .6 | 1 | * | 20 | * | * | * | * |
| LARD----- | 16 | .0 | 1.7 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| VEGETABLE SHORTENING----- | 21 | * | 2.3 | .2 | 0 | .0 | * | .00 | .00 | .0 | 0 |
| SUGAR, SWEETS----- | 270 | .7 | 1.5 | 66.3 | 22 | .4 | 50 | .01 | .02 | .1 | 6 |
| SUGAR, SIRUP, JELLY, CANDY----- | 187 | .5 | 1.5 | 44.9 | 16 | .4 | 10 | .01 | .02 | .1 | * |
| OTHER SWEETS-- | | | | | | | | | | | |
| ADDED VITAMIN C----- | 19 | * | * | 4.8 | 5 | * | 40 | * | * | * | 5 |
| NO ADDED VITAMIN C----- | 64 | .3 | .1 | 16.6 | 1 | * | * | * | * | * | 1 |
| OTHER FOOD----- | 63 | .3 | .1 | 8.5 | 30 | 1.2 | 90 | .02 | .09 | 4.2 | 0 |
| ALCOHOLIC BEVERAGE----- | 38 | .2 | .0 | 2.2 | 3 | * | 0 | * | .02 | .3 | 0 |
| SOME NUTRITIVE VALUE----- | 24 | .1 | .1 | 6.3 | 27 | 1.2 | 90 | .02 | .07 | 3.8 | 0 |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP

NORTHEAST

UNBA

| FOOD GROUP # (1) | AVERAGE PER DAY | | | | | | | | | | |
|------------------------------|-----------------|---------|-------|-------------------|---------|------|-----------------------|---------|-----------------|--------|------------------|
| | FOOD ENERGY | PROTEIN | FAT | CARBO- HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO- FLAVIN | NIACIN | ASCORBIC ACID |
| | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) |
| | CAL | G | G | G | MG | MG | IU | MG | MG | MG | MG |
| ALL FOOD GROUPS----- | 3,021 | 105.4 | 142.4 | 330.4 | 1,102 | 18.8 | 7,780 | 1.55 | 2.41 | 25.3 | 111 |
| MILK, CREAM, CHEESE----- | 434 | 22.3 | 24.4 | 31.7 | 714 | .2 | 1,000 | .17 | .97 | .6 | 6 |
| MILK----- | 309 | 17.0 | 16.0 | 24.4 | 575 | * | 640 | .15 | .83 | .5 | 5 |
| CREAM, ICE CREAM----- | 60 | 1.3 | 3.7 | 5.8 | 42 | * | 150 | .01 | .06 | * | * |
| CHEESE----- | 57 | 3.7 | 4.4 | .6 | 91 | .1 | 180 | * | .07 | * | 0 |
| SOUP, MIXTURES----- | 7 | .2 | .3 | .8 | 6 | * | 20 | .01 | .01 | * | * |
| MEAT, POULTRY, FISH----- | 665 | 45.9 | 51.6 | .9 | 34 | 6.0 | 1,240 | .35 | .55 | 10.1 | 1 |
| BEEF----- | 259 | 17.7 | 20.3 | .0 | 10 | 2.6 | 30 | .05 | .14 | 3.4 | 0 |
| BACON, SALT PORK----- | 63 | .8 | 6.6 | .1 | 1 | .1 | 0 | .02 | .01 | .1 | 0 |
| OTHER PORK----- | 125 | 6.9 | 10.5 | * | 4 | 1.0 | 0 | .18 | .07 | 1.3 | 0 |
| LIVER----- | 4 | .6 | .1 | .2 | * | .2 | 910 | * | .09 | .3 | 1 |
| LUNCHMEAT, FRANKFURTERS----- | 69 | 3.2 | 5.9 | .4 | 2 | .5 | 70 | .04 | .06 | .7 | 0 |
| OTHER MEAT----- | 32 | 2.8 | 2.2 | * | 2 | .3 | * | .02 | .04 | .7 | * |
| POULTRY----- | 85 | 10.1 | 4.7 | * | 6 | .9 | 210 | .03 | .12 | 2.6 | * |
| FISH, SHELLFISH----- | 28 | 3.8 | 1.2 | .2 | 8 | .2 | 20 | .01 | .02 | .9 | * |
| OTHER PROTEIN FOOD----- | 146 | 9.0 | 9.5 | 6.6 | 36 | 1.6 | 520 | .08 | .14 | 1.3 | * |
| EGGS----- | 63 | 5.0 | 4.5 | .3 | 21 | .9 | 460 | .04 | .11 | * | 0 |
| DRY LEGUMES----- | 22 | 1.3 | .2 | 3.7 | 7 | .4 | 10 | .02 | .01 | .1 | * |
| NUTS, PEANUT BUTTER----- | 48 | 1.9 | 4.2 | 1.5 | 5 | .2 | * | .02 | .01 | 1.0 | * |
| SOUP, MIXTURES----- | 11 | .7 | .5 | .9 | 2 | .1 | 50 | .01 | .01 | .1 | * |
| ALL VEGETABLES----- | 181 | 5.9 | 2.8 | 35.9 | 70 | 2.6 | 3,570 | .20 | .16 | 2.9 | 44 |
| POTATOES----- | 86 | 1.9 | 1.9 | 16.0 | 7 | .6 | * | .07 | .03 | 1.4 | 10 |
| DARK GREEN----- | 5 | .5 | .1 | .9 | 15 | .3 | 840 | .01 | .02 | .1 | 8 |
| DEEP YELLOW----- | 13 | .3 | .1 | 3.0 | 6 | .1 | 1,560 | .01 | .01 | .1 | 2 |
| TOMATOES----- | 21 | .7 | .2 | 4.5 | 6 | .5 | 570 | .03 | .02 | .5 | 9 |
| OTHER----- | 50 | 2.3 | .4 | 10.6 | 33 | 1.1 | 410 | .07 | .07 | .6 | 14 |
| SOUP, MIXTURES----- | 7 | .3 | .2 | 1.0 | 2 | .1 | 180 | * | * | .1 | * |
| ALL FRUIT----- | 146 | 1.5 | .5 | 36.9 | 32 | 1.0 | 430 | .13 | .07 | .7 | 55 |
| CITRUS----- | 52 | .8 | .1 | 12.6 | 20 | .3 | 190 | .09 | .03 | .4 | 48 |
| OTHER VITAMIN C-RICH----- | 1 | * | * | .3 | * | * | 50 | * | * | * | 1 |
| OTHER----- | 94 | .6 | .4 | 24.0 | 12 | .7 | 200 | .04 | .04 | .4 | 6 |
| MIXTURES----- | * | * | * | * | * | * | * | * | * | * | * |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP--CONTINUED

NORTHEAST

URBAN

| FOOD GROUP # (1) | AVERAGE PER DAY | | | | | | | | | | |
|--------------------------------------|-----------------|---------|------|-------------------|---------|------|-----------------------|---------|-----------------|--------|------------------|
| | FOOD ENERGY | PROTEIN | FAT | CARBO- HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO- FLAVIN | NIACIN | ASCORBIC ACID |
| | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) |
| | CAL | G | G | G | MG | MG | IU | MG | MG | MG | MG |
| GRAIN, ENRICHED OR WHOLE GRAIN----- | 493 | 14.5 | 4.3 | 97.8 | 112 | 5.0 | 10 | .54 | .36 | 4.6 | * |
| FLOUR----- | 73 | 2.0 | .3 | 15.3 | 16 | .6 | * | .07 | .05 | .6 | 0 |
| CEREAL, PASTES----- | 166 | 4.4 | .8 | 34.8 | 27 | 2.2 | 10 | .24 | .12 | 1.7 | * |
| BREAD----- | 224 | 7.3 | 2.4 | 42.4 | 64 | 2.0 | 0 | .21 | .17 | 2.0 | 0 |
| OTHER BAKERY PRODUCTS----- | 30 | .7 | .7 | 5.2 | 5 | .2 | * | .02 | .02 | .2 | 0 |
| GRAIN, NOT ENRICHED OR WHOLE GRAIN-- | 274 | 5.0 | 9.0 | 44.3 | 48 | .9 | 110 | .06 | .07 | .7 | * |
| FLOUR----- | 32 | .4 | .9 | 5.8 | 8 | .1 | * | * | .01 | * | 0 |
| CEREAL, PASTES----- | 5 | .1 | .1 | 1.0 | * | * | * | * | * | * | 0 |
| BREAD----- | 26 | .9 | .2 | 5.3 | 8 | .2 | * | .02 | .01 | .1 | 0 |
| OTHER BAKERY PRODUCTS----- | 180 | 2.8 | 6.6 | 28.0 | 25 | .5 | 60 | .02 | .04 | .3 | * |
| SOUP, MIXTURES----- | 30 | .8 | 1.2 | 4.1 | 6 | .1 | 50 | .01 | .01 | .1 | * |
| FATS, OILS----- | 346 | .2 | 38.8 | .7 | 6 | * | 780 | * | * | * | * |
| BUTTER----- | 83 | .1 | 9.3 | * | 2 | .0 | 380 | .00 | .00 | .0 | 0 |
| MARGARINE----- | 85 | .1 | 9.5 | * | 2 | .0 | 390 | .00 | .00 | .0 | 0 |
| OIL, SALAD DRESSING----- | 129 | .1 | 14.3 | .5 | 1 | * | 20 | * | * | * | * |
| LARD----- | 14 | .0 | 1.5 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| VEGETABLE SHORTENING----- | 37 | * | 4.1 | .1 | 0 | .0 | * | .00 | .00 | .0 | 0 |
| SUGAR, SWEETS----- | 273 | .8 | 1.6 | 66.6 | 20 | .5 | 70 | .01 | .02 | .2 | 4 |
| SUGAR, SIRUP, JELLY, CANDY----- | 210 | .5 | 1.5 | 50.6 | 15 | .4 | 10 | .01 | .02 | .1 | * |
| OTHER SWEETS-- | | | | | | | | | | | |
| ADDED VITAMIN C----- | 9 | * | * | 2.2 | 3 | * | 60 | * | * | * | 3 |
| NO ADDED VITAMIN C----- | 54 | .3 | .1 | 13.8 | 2 | * | * | * | * | * | * |
| OTHER FOOD----- | 63 | .3 | .1 | 8.9 | 30 | 1.0 | 40 | .01 | .07 | 4.2 | 0 |
| ALCOHOLIC BEVERAGE----- | 38 | .2 | .0 | 2.4 | 3 | * | 0 | * | .02 | .3 | 0 |
| SOME NUTRITIVE VALUE----- | 25 | .1 | .1 | 6.6 | 27 | 1.0 | 40 | .01 | .05 | 3.9 | 0 |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP

NORTHEAST

OCEAN

| FOOD GROUP * | AVERAGE PER DAY | | | | | | | | | | |
|------------------------------|-----------------|---------|-------|---------------|---------|------|-----------------|---------|-------------|--------|---------------|
| | FOOD ENERGY | PROTEIN | FAT | CARBO-HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO-FLAVIN | NIACIN | ASCORBIC ACID |
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) |
| | CAL | G | G | G | MG | MG | IU | MG | MG | MG | MG |
| ALL FOOD GROUPS----- | 3,025 | 106.5 | 143.8 | 326.4 | 1,137 | 18.8 | 7,580 | 1.52 | 2.42 | 25.0 | 117 |
| MILK, CREAM, CHEESE----- | 453 | 23.4 | 25.7 | 32.2 | 751 | .2 | 1,050 | .18 | 1.01 | .7 | 6 |
| MILK----- | 317 | 17.5 | 16.5 | 24.8 | 592 | * | 660 | .15 | .85 | .5 | 5 |
| CREAM, ICE CREAM----- | 60 | 1.3 | 3.7 | 5.7 | 43 | * | 150 | .01 | .06 | * | * |
| CHEESE----- | 67 | 4.4 | 5.2 | .6 | 109 | .2 | 210 | .01 | .08 | * | 0 |
| SOUP, MIXTURES----- | 8 | .3 | .3 | .9 | 8 | * | 20 | .01 | .01 | .1 | * |
| MEAT, POULTRY, FISH----- | 678 | 45.2 | 53.4 | .9 | 33 | 6.0 | 1,280 | .33 | .55 | 9.8 | 1 |
| BEEF----- | 295 | 19.3 | 23.6 | * | 11 | 2.9 | 30 | .05 | .16 | 3.7 | 0 |
| BACON, SALT PORK----- | 62 | .8 | 6.5 | .1 | 1 | .1 | 0 | .01 | .01 | .1 | 0 |
| OTHER PORK----- | 116 | 6.3 | 9.9 | .1 | 4 | .9 | 0 | .16 | .07 | 1.2 | 0 |
| LIVER----- | 5 | .7 | .1 | .2 | * | .3 | 960 | .01 | .10 | .4 | 1 |
| LUNCHMEAT, FRANKFURTERS----- | 75 | 3.5 | 6.4 | .4 | 2 | .6 | 90 | .05 | .07 | .8 | 0 |
| OTHER MEAT----- | 33 | 2.8 | 2.4 | * | 2 | .3 | * | .01 | .03 | .7 | * |
| POULTRY----- | 64 | 8.1 | 3.2 | * | 5 | .7 | 180 | .02 | .10 | 2.0 | * |
| FISH, SHELLFISH----- | 28 | 3.7 | 1.2 | .1 | 8 | .2 | 20 | .01 | .02 | .8 | * |
| OTHER PROTEIN FOOD----- | 148 | 9.4 | 9.2 | 7.4 | 38 | 1.7 | 520 | .08 | .14 | 1.4 | * |
| EGGS----- | 64 | 5.1 | 4.5 | .3 | 21 | .9 | 460 | .04 | .11 | * | 0 |
| DRY LEGUMES----- | 27 | 1.6 | .3 | 4.6 | 9 | .5 | 10 | .02 | .01 | .1 | * |
| NUTS, PEANUT BUTTER----- | 45 | 1.8 | 3.9 | 1.4 | 5 | .2 | * | .01 | .01 | 1.0 | * |
| SOUP, MIXTURES----- | 9 | .6 | .4 | .7 | 2 | .1 | 30 | .01 | .01 | .1 | * |
| ALL VEGETABLES----- | 175 | 5.8 | 2.6 | 34.9 | 67 | 2.6 | 3,370 | .20 | .16 | 2.9 | 42 |
| POTATOES----- | 82 | 1.9 | 1.7 | 15.5 | 7 | .6 | * | .07 | .03 | 1.4 | 10 |
| DARK GREEN----- | 4 | .4 | .1 | .8 | 15 | .3 | 770 | .01 | .02 | .1 | 7 |
| DEEP YELLOW----- | 9 | .2 | * | 2.0 | 5 | .1 | 1,250 | .01 | .01 | .1 | 1 |
| TOMATOES----- | 24 | .8 | .2 | 5.3 | 7 | .6 | 690 | .04 | .03 | .7 | 11 |
| OTHER----- | 48 | 2.2 | .4 | 10.3 | 32 | 1.0 | 450 | .06 | .07 | .6 | 12 |
| SOUP, MIXTURES----- | 8 | .3 | .2 | 1.1 | 2 | .1 | 210 | * | * | .1 | * |
| ALL FRUIT----- | 145 | 1.5 | .5 | 36.4 | 35 | 1.1 | 400 | .14 | .07 | .8 | 62 |
| CITRUS----- | 61 | 1.0 | .2 | 14.8 | 25 | .4 | 230 | .10 | .03 | .4 | 57 |
| OTHER VITAMIN C-RICH----- | * | * | * | .1 | * | * | * | * | * | * | * |
| OTHER----- | 84 | .6 | .3 | 21.4 | 10 | .7 | 170 | .04 | .03 | .4 | 5 |
| MIXTURES----- | * | * | * | * | * | * | * | * | * | * | * |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP--CONTINUED

NORTHEAST

URBAN

| FOOD GROUP * | AVERAGE PER DAY | | | | | | | | | | |
|--------------------------------------|-----------------|---------|------|-------------------|---------|------|-----------------------|---------|-----------------|--------|------------------|
| | FOOD ENERGY | PROTEIN | FAT | CARBO- HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO- FLAVIN | NIACIN | ASCORBIC ACID |
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) |
| | CAL | G | G | G | MG | MG | IU | MG | MG | MG | MG |
| GRAIN, ENRICHED OR WHOLE GRAIN----- | 487 | 14.2 | 4.3 | 96.3 | 108 | 4.8 | 10 | .51 | .34 | 4.3 | * |
| FLOUR----- | 50 | 1.4 | .2 | 10.4 | 14 | .4 | * | .05 | .03 | .4 | 0 |
| CEREAL, PASTES----- | 186 | 4.9 | .9 | 39.1 | 25 | 2.2 | 10 | .24 | .12 | 1.8 | * |
| BREAD----- | 224 | 7.3 | 2.5 | 42.3 | 64 | 2.0 | * | .21 | .17 | 2.0 | 0 |
| OTHER BAKERY PRODUCTS----- | 26 | .6 | .7 | 4.5 | 5 | .2 | * | .02 | .01 | .1 | * |
| GRAIN, NOT ENRICHED OR WHOLE GRAIN-- | 295 | 5.6 | 9.5 | 47.8 | 51 | .9 | 120 | .06 | .07 | .7 | * |
| FLOUR----- | 30 | .3 | .8 | 5.3 | 9 | .1 | * | * | .01 | * | 0 |
| CEREAL, PASTES----- | 4 | .1 | .1 | .7 | * | * | * | * | * | * | 0 |
| BREAD----- | 41 | 1.4 | .3 | 8.4 | 10 | .2 | * | .02 | .01 | .2 | 0 |
| OTHER BAKERY PRODUCTS----- | 187 | 2.9 | 7.0 | 28.7 | 26 | .5 | 60 | .03 | .04 | .3 | * |
| SOUP, MIXTURES----- | 34 | .9 | 1.3 | 4.7 | 6 | .1 | 50 | .01 | .01 | .2 | * |
| FATS, OILS----- | 331 | .2 | 37.0 | .8 | 6 | * | 740 | * | * | * | * |
| BUTTER----- | 72 | .1 | 8.1 | * | 2 | .0 | 330 | .00 | .00 | .0 | 0 |
| MARGARINE----- | 87 | .1 | 9.8 | * | 2 | .0 | 400 | .00 | .00 | .0 | 0 |
| OIL, SALAD DRESSING----- | 123 | .1 | 13.6 | .5 | 1 | * | 20 | * | * | * | * |
| LARD----- | 21 | * | 2.3 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| VEGETABLE SHORTENING----- | 29 | * | 3.2 | .2 | 0 | .0 | * | .00 | .00 | .0 | 0 |
| SUGAR, SWEETS----- | 252 | .8 | 1.5 | 61.3 | 18 | .4 | 60 | .01 | .02 | .1 | 5 |
| SUGAR, SIRUP, JELLY, CANDY----- | 186 | .5 | 1.4 | 44.5 | 13 | .4 | 10 | .01 | .02 | .1 | * |
| OTHER SWEETS-- | | | | | | | | | | | |
| ADDED VITAMIN C----- | 9 | * | * | 2.4 | 3 | * | 50 | * | * | * | 4 |
| NO ADDED VITAMIN C----- | 57 | .3 | .1 | 14.4 | 2 | * | * | * | * | * | * |
| OTHER FOOD----- | 61 | .3 | .1 | 8.6 | 30 | 1.0 | 40 | .01 | .06 | 4.2 | 0 |
| ALCOHOLIC BEVERAGE----- | 37 | .2 | .0 | 2.2 | 3 | * | 0 | * | .02 | .3 | 0 |
| SOME NUTRITIVE VALUE----- | 24 | .1 | .1 | 6.4 | 27 | 1.0 | 40 | .01 | .05 | 3.9 | 0 |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP

NORTHEAST

RURAL NONFARM

| FOOD GROUP * | AVERAGE PER DAY | | | | | | | | | | |
|------------------------------|-----------------|---------|-------|-------------------|---------|------|-----------------------|---------|-----------------|--------|------------------|
| | FOOD ENERGY | PROTEIN | FAT | CARBO- HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO- FLAVIN | NIACIN | ASCORBIC ACID |
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) |
| | CAL | G | G | G | MG | MG | IU | MG | MG | MG | MG |
| ALL FOOD GROUPS----- | 3,220 | 104.7 | 151.3 | 364.5 | 1,149 | 18.9 | 7,050 | 1.56 | 2.40 | 25.4 | 104 |
| MILK, CREAM, CHEESE----- | 443 | 23.4 | 24.4 | 32.9 | 740 | .3 | 1,000 | .17 | 1.00 | .6 | 6 |
| MILK----- | 306 | 17.2 | 15.5 | 24.6 | 584 | .1 | 620 | .15 | .84 | .5 | 5 |
| CREAM, ICE CREAM----- | 68 | 1.5 | 4.0 | 6.9 | 48 | * | 170 | .01 | .07 | * | * |
| CHEESE----- | 63 | 4.5 | 4.6 | .7 | 103 | .2 | 190 | .01 | .08 | * | 0 |
| SOUP, MIXTURES----- | 6 | .2 | .3 | .7 | 5 | * | 20 | * | .01 | * | * |
| MEAT, POULTRY, FISH----- | 640 | 40.8 | 51.2 | 1.1 | 30 | 5.6 | 860 | .33 | .48 | 8.7 | 1 |
| BEEF----- | 264 | 17.8 | 20.9 | .0 | 10 | 2.7 | 30 | .05 | .15 | 3.4 | 0 |
| BACON, SALT PORK----- | 76 | .9 | 7.9 | .1 | 1 | .1 | 0 | .02 | .01 | .2 | 0 |
| OTHER PORK----- | 114 | 6.4 | 9.6 | * | 4 | 1.0 | 0 | .17 | .07 | 1.2 | 0 |
| LIVER----- | 4 | .5 | .1 | .1 | * | .2 | 610 | * | .07 | .3 | * |
| LUNCHMEAT, FRANKFURTERS----- | 93 | 4.3 | 8.0 | .6 | 3 | .7 | 70 | .06 | .08 | 1.0 | 0 |
| OTHER MEAT----- | 14 | 1.5 | .8 | * | 1 | .2 | * | .01 | .02 | .4 | * |
| POULTRY----- | 53 | 6.4 | 2.8 | * | 4 | .6 | 130 | .02 | .07 | 1.6 | * |
| FISH, SHELLFISH----- | 23 | 2.9 | 1.1 | .2 | 6 | .2 | 20 | .01 | .01 | .7 | * |
| OTHER PROTEIN FOOD----- | 161 | 9.8 | 10.7 | 7.2 | 40 | 1.7 | 530 | .08 | .15 | 1.7 | * |
| EGGS----- | 65 | 5.2 | 4.6 | .4 | 22 | .9 | 470 | .04 | .11 | * | 0 |
| DRY LEGUMES----- | 24 | 1.3 | .4 | 3.9 | 9 | .4 | 20 | .02 | .01 | .1 | * |
| NUTS, PEANUT BUTTER----- | 59 | 2.4 | 5.1 | 1.9 | 6 | .2 | * | .02 | .01 | 1.3 | * |
| SOUP, MIXTURES----- | 10 | .6 | .5 | .8 | 2 | .1 | 40 | .01 | .01 | .1 | * |
| ALL VEGETABLES----- | 216 | 6.5 | 3.5 | 42.8 | 63 | 2.7 | 2,860 | .22 | .16 | 3.4 | 44 |
| POTATOES----- | 115 | 2.5 | 2.6 | 21.0 | 10 | .8 | * | .09 | .04 | 1.8 | 13 |
| DARK GREEN----- | 2 | .2 | * | .4 | 5 | .1 | 300 | .01 | .01 | * | 3 |
| DEEP YELLOW----- | 9 | .2 | * | 2.0 | 5 | .1 | 1,310 | .01 | .01 | .1 | 1 |
| TOMATOES----- | 26 | .8 | .3 | 5.7 | 8 | .5 | 670 | .04 | .03 | .6 | 11 |
| OTHER----- | 59 | 2.5 | .5 | 13.0 | 35 | 1.2 | 440 | .07 | .07 | .8 | 15 |
| SOUP, MIXTURES----- | 5 | .2 | .2 | .8 | 1 | * | 140 | * | * | .1 | * |
| ALL FRUIT----- | 130 | 1.3 | .4 | 33.0 | 29 | 1.0 | 580 | .11 | .06 | .7 | 46 |
| CITRUS----- | 38 | .6 | .1 | 9.3 | 15 | .2 | 140 | .06 | .02 | .3 | 35 |
| OTHER VITAMIN C-RICH----- | 4 | .1 | * | 1.1 | 2 | .1 | 140 | * | * | .1 | 5 |
| OTHER----- | 88 | .6 | .3 | 22.6 | 12 | .7 | 300 | .04 | .04 | .4 | 6 |
| MIXTURES----- | * | * | * | * | * | * | * | * | * | * | * |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP--CONTINUED

NORTHEAST

RURAL NONFARM

| FOOD GROUP † | AVERAGE PER DAY | | | | | | | | | | |
|--------------------------------------|-----------------|---------|------|-------------------|---------|------|-----------------------|---------|-----------------|--------|------------------|
| | FOOD ENERGY | PROTEIN | FAT | CARBO- HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO- FLAVIN | NIACIN | ASCORBIC ACID |
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) |
| | CAL | G | G | G | MG | MG | IU | MG | MG | MG | MG |
| GRAIN, ENRICHED OR WHOLE GRAIN----- | 528 | 15.9 | 5.0 | 103.5 | 123 | 5.1 | 10 | .57 | .38 | 4.9 | * |
| FLOUR----- | 96 | 2.7 | .4 | 19.9 | 14 | .8 | * | .09 | .07 | .8 | 0 |
| CEREAL, PASTES----- | 141 | 4.0 | .8 | 29.4 | 23 | 1.8 | * | .21 | .10 | 1.6 | * |
| BREAD----- | 256 | 8.3 | 3.0 | 48.0 | 79 | 2.4 | * | .24 | .20 | 2.3 | 0 |
| OTHER BAKERY PRODUCTS----- | 35 | .9 | .8 | 6.2 | 7 | .2 | * | .02 | .02 | .2 | * |
| GRAIN, NOT ENRICHED OR WHOLE GRAIN-- | 308 | 5.5 | 10.1 | 49.7 | 53 | .9 | 110 | .06 | .07 | .7 | * |
| FLOUR----- | 37 | .4 | 1.0 | 6.7 | 11 | .1 | * | * | .01 | * | 0 |
| CEREAL, PASTES----- | 10 | .3 | .1 | 1.9 | * | .1 | * | .01 | * | * | 0 |
| BREAD----- | 21 | .7 | .1 | 4.4 | 6 | .1 | * | .01 | .01 | .1 | 0 |
| OTHER BAKERY PRODUCTS----- | 211 | 3.2 | 7.7 | 32.7 | 28 | .6 | 50 | .03 | .05 | .4 | * |
| SOUP, MIXTURES----- | 29 | .8 | 1.2 | 4.0 | 6 | .1 | 50 | .01 | .01 | .2 | * |
| FATS, OILS----- | 392 | .3 | 43.7 | 1.2 | 8 | * | 1,000 | * | * | * | * |
| BUTTER----- | 79 | .1 | 8.4 | * | 2 | .0 | 360 | .00 | .00 | .0 | 0 |
| MARGARINE----- | 134 | .1 | 15.1 | .1 | 4 | .0 | 620 | .00 | .00 | .0 | 0 |
| OIL, SALAD DRESSING----- | 98 | .1 | 10.7 | .8 | 2 | * | 20 | * | * | * | * |
| LARD----- | 14 | * | 1.6 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| VEGETABLE SHORTENING----- | 67 | * | 7.4 | .3 | 0 | .0 | * | .00 | .00 | .0 | 0 |
| SUGAR, SWEETS----- | 343 | .9 | 2.1 | 83.6 | 31 | .6 | 90 | .02 | .03 | .2 | 7 |
| SUGAR, SIRUP, JELLY, CANDY----- | 278 | .6 | 2.0 | 67.0 | 24 | .6 | 10 | .01 | .02 | .2 | * |
| OTHER SWEETS-- | | | | | | | | | | | |
| ADDED VITAMIN C----- | 15 | * | * | 3.8 | 5 | * | 80 | .01 | * | * | 6 |
| NO ADDED VITAMIN C----- | 50 | .3 | .1 | 12.8 | 2 | * | * | * | * | * | * |
| OTHER FOOD----- | 59 | .3 | .2 | 9.5 | 33 | 1.0 | 30 | .01 | .06 | 4.4 | 0 |
| ALCOHOLIC BEVERAGE----- | 29 | .1 | .0 | 1.8 | 2 | * | 0 | * | .01 | .3 | 0 |
| SOME NUTRITIVE VALUE----- | 30 | .2 | .2 | 7.7 | 31 | 1.0 | 30 | .01 | .05 | 4.1 | 0 |

TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP

NORTHEAST

RURAL NONFARM

| FOOD GROUP * | AVERAGE PER DAY | | | | | | | | | | |
|-----------------------------|-----------------|---------|-------|---------------|---------|------|-----------------|----------|-------------|--------|---------------|
| | FOOD ENERGY | PROTEIN | FAT | CARBO-HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIA-MIN | RIBO-FLAVIN | NIACIN | ASCORBIC ACID |
| | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) |
| (1) | CAL | G | G | G | MG | MG | IU | MG | MG | MG | MG |
| ALL FOOD GROUPS----- | 3,155 | 102.8 | 148.8 | 355.6 | 1,121 | 18.6 | 6,330 | 1.53 | 2.32 | 24.5 | 101 |
| MILK, CREAM, CHEESE----- | 433 | 23.0 | 23.8 | 32.2 | 724 | .3 | 970 | .17 | .97 | .6 | 6 |
| MILK----- | 287 | 16.4 | 14.3 | 23.3 | 558 | * | 570 | .14 | .80 | .5 | 5 |
| CREAM, ICE CREAM----- | 73 | 1.6 | 4.3 | 7.5 | 51 | * | 180 | .01 | .07 | * | * |
| CHEESE----- | 66 | 4.8 | 4.9 | .6 | 110 | .2 | 200 | * | .09 | * | 0 |
| SOUP, MIXTURES----- | 7 | .2 | .3 | .8 | 6 | * | 20 | * | * | * | * |
| MEAT, POULTRY, FISH----- | 645 | 40.5 | 51.9 | 1.1 | 30 | 5.5 | 610 | .33 | .46 | 8.6 | * |
| BEEF----- | 270 | 18.0 | 21.4 | .0 | 10 | 2.7 | 30 | .05 | .15 | 3.4 | 0 |
| BACON, SALT PORK----- | 81 | 1.0 | 8.5 | .1 | 2 | .1 | 0 | .02 | .01 | .2 | 0 |
| OTHER PORK----- | 114 | 6.6 | 9.6 | * | 4 | 1.0 | 0 | .17 | .07 | 1.3 | 0 |
| LIVER----- | 3 | .4 | * | * | * | .2 | 390 | * | .05 | .2 | * |
| LUNCHEAT, FRANKFURTERS----- | 91 | 4.2 | 7.9 | .6 | 2 | .7 | 50 | .06 | .07 | .9 | 0 |
| OTHER MEAT----- | 12 | 1.1 | .8 | * | * | .1 | * | * | .02 | .3 | * |
| POULTRY----- | 49 | 6.1 | 2.5 | * | 4 | .5 | 120 | .01 | .07 | 1.5 | * |
| FISH, SHELLFISH----- | 25 | 3.1 | 1.2 | .3 | 8 | .2 | 10 | * | .01 | .8 | * |
| OTHER PROTEIN FOOD----- | 153 | 9.7 | 9.8 | 7.0 | 39 | 1.7 | 540 | .08 | .15 | 1.5 | * |
| EGGS----- | 67 | 5.3 | 4.7 | .4 | 22 | 1.0 | 490 | .04 | .12 | * | 0 |
| DRY LEGUMES----- | 25 | 1.4 | .4 | 4.2 | 10 | .4 | 20 | .02 | * | .1 | * |
| NUTS, PEANUT BUTTER----- | 49 | 2.0 | 4.2 | 1.6 | 5 | .2 | * | .01 | .01 | 1.1 | * |
| SOUP, MIXTURES----- | 8 | .6 | .3 | .6 | 1 | * | 30 | * | * | * | * |
| ALL VEGETABLES----- | 198 | 5.8 | 3.4 | 39.0 | 57 | 2.5 | 2,520 | .20 | .14 | 3.1 | 38 |
| POTATOES----- | 113 | 2.5 | 2.6 | 20.6 | 10 | .8 | * | .09 | .04 | 1.8 | 13 |
| DARK GREEN----- | 2 | .2 | * | .4 | 5 | .1 | 350 | * | * | * | 3 |
| DEEP YELLOW----- | 6 | .1 | * | 1.4 | 4 | * | 1,090 | * | * | * | * |
| TOMATOES----- | 24 | .7 | .2 | 5.3 | 7 | .5 | 590 | .04 | .02 | .6 | 9 |
| OTHER----- | 49 | 2.0 | .4 | 10.7 | 30 | 1.0 | 370 | .06 | .06 | .6 | 12 |
| SOUP, MIXTURES----- | 5 | .2 | .2 | .6 | 1 | * | 130 | * | * | * | * |
| ALL FRUIT----- | 124 | 1.3 | .4 | 31.4 | 32 | 1.0 | 530 | .10 | .07 | .7 | 49 |
| CITRUS----- | 36 | .6 | .1 | 8.9 | 16 | .2 | 130 | .06 | .02 | .3 | 34 |
| OTHER VITAMIN C-RICH----- | 6 | * | * | 1.5 | 3 | .1 | 100 | * | * | * | 9 |
| OTHER----- | 82 | .6 | .3 | 20.9 | 13 | .7 | 300 | .04 | .04 | .4 | 6 |
| MIXTURES----- | * | * | * | * | * | * | * | * | * | * | * |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP--CONTINUED

NORTHEAST

RURAL NONFARM

| FOOD GROUP * | AVERAGE PER DAY | | | | | | | | | | | |
|--------------------------------------|-----------------|---------|------|---------------|---------|------|-----------------|----------|-------------|--------|---------------|------|
| | FOOD ENERGY | PROTEIN | FAT | CARBO-HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIA-MIN | RIBO-FLAVIN | NIACIN | ASCORBIC ACID | |
| | (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) |
| | CAL | G | G | G | MG | MG | IU | MG | MG | MG | MG | |
| GRAIN, ENRICHED OR WHOLE GRAIN----- | 518 | 15.6 | 4.8 | 101.9 | 118 | 5.1 | * | .56 | .37 | 4.9 | * | |
| FLOUR----- | 98 | 2.8 | .4 | 20.4 | 12 | .8 | * | .10 | .07 | .8 | | 0 |
| CEREAL, PASTES----- | 139 | 3.9 | .8 | 29.1 | 24 | 1.9 | * | .21 | .09 | 1.6 | * | |
| BREAD----- | 243 | 7.9 | 2.8 | 45.7 | 74 | 2.2 | * | .23 | .19 | 2.2 | | 0 |
| OTHER BAKERY PRODUCTS----- | 38 | 1.0 | .8 | 6.6 | 8 | .2 | * | .03 | .02 | .3 | * | |
| GRAIN, NOT ENRICHED OR WHOLE GRAIN-- | 309 | 5.5 | 10.3 | 49.4 | 52 | .9 | 110 | .06 | .08 | .7 | * | |
| FLOUR----- | 26 | .3 | .7 | 4.9 | 8 | * | * | * | * | * | | 0 |
| CEREAL, PASTES----- | 11 | .3 | .2 | 2.2 | * | * | * | * | * | * | | 0 |
| BREAD----- | 23 | .8 | .2 | 4.7 | 7 | .1 | * | .01 | * | .1 | | 0 |
| OTHER BAKERY PRODUCTS----- | 217 | 3.3 | 8.0 | 33.3 | 30 | .6 | 60 | .03 | .05 | .4 | * | |
| SOUP, MIXTURES----- | 31 | .8 | 1.2 | 4.3 | 7 | .1 | 50 | * | .01 | .1 | * | |
| FATS, OILS----- | 377 | .3 | 41.9 | 1.3 | 7 | * | 930 | * | * | * | * | |
| BUTTER----- | 78 | * | 8.9 | * | 2 | .0 | 360 | .00 | .00 | .0 | | 0 |
| MARGARINE----- | 118 | * | 13.3 | * | 3 | .0 | 540 | .00 | .00 | .0 | | 0 |
| OIL, SALAD DRESSING----- | 106 | * | 11.6 | .9 | 2 | * | 20 | * | * | * | * | |
| LARD----- | 15 | .0 | 1.7 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | | 0 |
| VEGETABLE SHORTENING----- | 58 | * | 6.4 | .3 | 0 | .0 | * | .00 | .00 | .0 | | 0 |
| SUGAR, SWEETS----- | 343 | 1.0 | 2.2 | 83.4 | 30 | .6 | 90 | .02 | .03 | .2 | | 7 |
| SUGAR, SIRUP, JELLY, CANDY----- | 280 | .7 | 2.1 | 67.0 | 22 | .5 | * | .01 | .02 | .2 | * | |
| OTHER SWEETS-- | | | | | | | | | | | | |
| ADDED VITAMIN C----- | 16 | * | * | 4.3 | 7 | * | 80 | * | * | * | | 6 |
| NO ADDED VITAMIN C----- | 47 | .3 | * | 12.1 | * | * | * | * | * | * | * | |
| OTHER FOOD----- | 55 | .3 | .2 | 9.1 | 32 | 1.0 | 30 | .01 | .06 | 4.3 | | 0 |
| ALCOHOLIC BEVERAGE----- | 26 | .1 | .0 | 1.7 | 2 | * | 0 | * | .01 | .3 | | 0 |
| SOME NUTRITIVE VALUE----- | 29 | .2 | .2 | 7.3 | 30 | 1.0 | 30 | .01 | .05 | 4.0 | | 0 |

TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP

NORTHEAST

RURAL NONFARM

| FOOD GROUP † | AVERAGE PER DAY | | | | | | | | | | |
|------------------------------|-----------------|---------|-------|---------------|---------|------|-----------------|---------|-------------|--------|---------------|
| | FOOD ENERGY | PROTEIN | FAT | CARBO-HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBU-FLAVIN | NIACIN | ASCORBIC ACID |
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) |
| | CAL | G | G | G | MG | MG | IU | MG | MG | MG | MG |
| ALL FOOD GROUPS----- | 3,039 | 96.0 | 143.3 | 345.2 | 1,039 | 17.8 | 7,150 | 1.46 | 2.22 | 24.3 | 112 |
| MILK, CREAM, CHEESE----- | 391 | 20.4 | 21.7 | 29.0 | 641 | .2 | 880 | .15 | .86 | .5 | 5 |
| MILK----- | 261 | 14.5 | 13.3 | 20.9 | 494 | .1 | 530 | .13 | .71 | .4 | 4 |
| CREAM, ICE CREAM----- | 69 | 1.6 | 3.9 | 7.2 | 50 | * | 160 | .01 | .07 | * | * |
| CHEESE----- | 58 | 4.2 | 4.3 | .6 | 96 | .1 | 180 | .01 | .08 | * | 0 |
| SOUP, MIXTURES----- | 3 | .1 | .2 | .3 | 2 | * | 10 | * | * | * | * |
| MEAT, POULTRY, FISH----- | 579 | 37.1 | 46.1 | 1.1 | 26 | 5.2 | 900 | .32 | .46 | 7.9 | 1 |
| BEEF----- | 230 | 16.0 | 17.9 | .0 | 9 | 2.4 | 30 | .04 | .13 | 3.0 | 0 |
| BACON, SALT PORK----- | 71 | .9 | 7.4 | .1 | 1 | .1 | 0 | .02 | .01 | .2 | 0 |
| OTHER PORK----- | 97 | 5.9 | 7.9 | * | 3 | .9 | 0 | .15 | .06 | 1.1 | 0 |
| LIVER----- | 3 | .4 | .1 | .1 | * | .2 | 620 | * | .06 | .3 | * |
| LUNCHMEAT, FRANKFURTERS----- | 109 | 5.1 | 9.4 | .7 | 3 | .8 | 120 | .07 | .10 | 1.1 | 0 |
| OTHER MEAT----- | 11 | 1.1 | .8 | * | 1 | .1 | * | .01 | .02 | .3 | * |
| POULTRY----- | 35 | 5.0 | 1.5 | * | 3 | .4 | 100 | .01 | .07 | 1.2 | * |
| FISH, SHELLFISH----- | 23 | 2.7 | 1.1 | .2 | 5 | .2 | 30 | .01 | .01 | .7 | * |
| OTHER PROTEIN FOOD----- | 160 | 9.6 | 10.4 | 7.6 | 41 | 1.6 | 520 | .07 | .14 | 1.7 | 1 |
| EGGS----- | 63 | 5.0 | 4.4 | .3 | 21 | .9 | 450 | .04 | .11 | * | 0 |
| DRY LEGUMES----- | 26 | 1.4 | .5 | 4.2 | 11 | .4 | 20 | .02 | .01 | .1 | * |
| NUTS, PEANUT BUTTER----- | 56 | 2.3 | 4.8 | 1.8 | 6 | .2 | * | .01 | .01 | 1.3 | * |
| SOUP, MIXTURES----- | 12 | .7 | .6 | 1.1 | 2 | .1 | 40 | .01 | .01 | .1 | * |
| ALL VEGETABLES----- | 239 | 7.3 | 4.5 | 46.6 | 72 | 2.9 | 2,700 | .26 | .20 | 3.7 | 51 |
| POTATOES----- | 114 | 2.3 | 3.4 | 19.3 | 10 | .7 | 10 | .08 | .04 | 1.7 | 12 |
| DARK GREEN----- | 2 | .1 | * | .3 | 3 | .1 | 210 | * | .01 | * | 4 |
| DEEP YELLOW----- | 5 | .1 | * | 1.2 | 3 | .1 | 950 | * | * | .1 | 1 |
| TOMATOES----- | 31 | 1.1 | .3 | 6.7 | 10 | .6 | 840 | .05 | .04 | .8 | 15 |
| OTHER----- | 83 | 3.5 | .7 | 18.5 | 44 | 1.5 | 590 | .11 | .11 | 1.2 | 20 |
| SOUP, MIXTURES----- | 4 | .2 | .1 | .6 | 1 | * | 110 | * | * | * | * |
| ALL FRUIT----- | 117 | 1.3 | .4 | 29.5 | 26 | .9 | 990 | .10 | .07 | .9 | 47 |
| CITRUS----- | 36 | .6 | .1 | 8.8 | 13 | .2 | 130 | .06 | .02 | .3 | 33 |
| OTHER VITAMIN C-RICH----- | 5 | .1 | * | 1.3 | 3 | .1 | 390 | .01 | .01 | .1 | 6 |
| OTHER----- | 75 | .7 | .3 | 19.4 | 11 | .6 | 460 | .04 | .04 | .5 | 7 |
| MIXTURES----- | * | * | * | * | * | * | * | * | * | * | * |

† SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP--CONTINUED

NORTHEAST

RURAL NONFARM

| FOOD GROUP * | AVERAGE PER DAY | | | | | | | | | | |
|--------------------------------------|-----------------|---------|------|---------------|---------|------|-----------------|---------|-------------|--------|---------------|
| | FOOD ENERGY | PROTEIN | FAT | CARBO-HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO-FLAVIN | NIACIN | ASCORBIC ACID |
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) |
| | CAL | G | G | G | MG | MG | IU | MG | MG | MG | MG |
| GRAIN, ENRICHED OR WHOLE GRAIN----- | 458 | 13.8 | 4.6 | 89.3 | 113 | 4.4 | 10 | .48 | .34 | 4.3 | 1 |
| FLOUR----- | 51 | 1.4 | .3 | 10.5 | 12 | .4 | * | .05 | .04 | .4 | 0 |
| CEREAL, PASTES----- | 123 | 3.4 | .5 | 26.0 | 18 | 1.5 | * | .18 | .09 | 1.4 | * |
| BREAD----- | 242 | 7.8 | 2.9 | 45.3 | 75 | 2.2 | 0 | .22 | .19 | 2.2 | 0 |
| OTHER BAKERY PRODUCTS----- | 43 | 1.1 | 1.0 | 7.4 | 9 | .3 | 10 | .03 | .03 | .3 | * |
| GRAIN, NOT ENRICHED OR WHOLE GRAIN-- | 293 | 5.1 | 9.5 | 47.3 | 50 | .9 | 90 | .06 | .07 | .7 | 1 |
| FLOUR----- | 28 | .4 | .6 | 5.5 | 12 | .1 | * | * | .01 | * | 0 |
| CEREAL, PASTES----- | 10 | .3 | .1 | 2.0 | * | * | * | .01 | * | * | 0 |
| BREAD----- | 19 | .6 | .1 | 3.9 | 5 | .1 | * | .01 | .01 | .1 | 0 |
| OTHER BAKERY PRODUCTS----- | 215 | 3.2 | 7.9 | 33.1 | 29 | .5 | 50 | .03 | .04 | .4 | * |
| SOUP, MIXTURES----- | 21 | .6 | .8 | 2.8 | 4 | .1 | 40 | .01 | .01 | .1 | * |
| FATS, OILS----- | 397 | .3 | 44.2 | 1.3 | 8 | .1 | 970 | * | * | * | * |
| BUTTER----- | 82 | .1 | 9.3 | * | 2 | .0 | 380 | .00 | .00 | .0 | 0 |
| MARGARINE----- | 123 | .1 | 13.8 | .1 | 3 | .0 | 560 | .00 | .00 | .0 | 0 |
| OIL, SALAD DRESSING----- | 124 | .1 | 13.5 | 1.0 | 2 | .1 | 30 | * | * | * | * |
| LARD----- | 15 | .0 | 1.6 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| VEGETABLE SHORTENING----- | 54 | * | 6.0 | .2 | 0 | .0 | * | .00 | .00 | .0 | 0 |
| SUGAR, SWEETS----- | 340 | .8 | 1.8 | 83.8 | 32 | .6 | 80 | .02 | .03 | .2 | 7 |
| SUGAR, SIRUP, JELLY, CANDY----- | 270 | .5 | 1.7 | 65.7 | 24 | .6 | 10 | .01 | .02 | .1 | * |
| OTHER SWEETS-- | | | | | | | | | | | |
| ADDED VITAMIN C----- | 18 | * | * | 4.8 | 6 | * | 60 | .01 | * | * | 6 |
| NO ADDED VITAMIN C----- | 51 | .2 | .1 | 13.2 | 2 | * | * | * | * | * | * |
| OTHER FOOD----- | 66 | .3 | .1 | 9.6 | 31 | .9 | 20 | .01 | .06 | 4.4 | 0 |
| ALCOHOLIC BEVERAGE----- | 39 | .2 | .0 | 2.5 | 3 | * | 0 | * | .02 | .4 | 0 |
| SOME NUTRITIVE VALUE----- | 27 | .1 | .1 | 7.1 | 28 | .9 | 20 | .01 | .04 | 4.1 | 0 |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP

NORTHEAST

RURAL NONFARM

| FOOD GROUP * | AVERAGE PER DAY | | | | | | | | | | |
|------------------------------|-----------------|---------|-------|---------------|---------|------|-----------------|---------|-------------|--------|---------------|
| | FOOD ENERGY | PROTEIN | FAT | CARBO-HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO-FLAVIN | NIACIN | ASCORBIC ACID |
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) |
| | CAL | G | G | G | MG | MG | IU | MG | MG | MG | MG |
| ALL FOOD GROUPS----- | 3,311 | 108.9 | 158.1 | 367.6 | 1,227 | 18.7 | 7,830 | 1.55 | 2.53 | 26.4 | 94 |
| MILK, CREAM, CHEESE----- | 485 | 25.9 | 26.8 | 35.5 | 819 | .3 | 1,090 | .19 | 1.11 | .7 | 6 |
| MILK----- | 344 | 19.4 | 17.5 | 27.4 | 657 | .1 | 710 | .17 | .94 | .6 | 6 |
| CREAM, ICE CREAM----- | 67 | 1.5 | 4.1 | 6.4 | 48 | * | 170 | .01 | .07 | * | * |
| CHEESE----- | 69 | 5.0 | 5.0 | 1.1 | 111 | .2 | 210 | .01 | .09 | * | 0 |
| SOUP, MIXTURES----- | 5 | .1 | .2 | .5 | 4 | * | 10 | * | .01 | * | * |
| MEAT, POULTRY, FISH----- | 678 | 43.1 | 54.3 | 1.0 | 29 | 5.7 | 1,070 | .34 | .51 | 9.4 | 1 |
| BEEF----- | 278 | 18.3 | 22.1 | .0 | 11 | 2.7 | 30 | .05 | .15 | 3.5 | 0 |
| BACON, SALT PORK----- | 81 | 1.0 | 8.4 | .1 | 1 | .1 | 0 | .02 | .01 | .2 | 0 |
| OTHER PORK----- | 127 | 6.9 | 10.9 | * | 4 | 1.0 | 0 | .16 | .07 | 1.3 | 0 |
| LIVER----- | 4 | .6 | .1 | .1 | * | .3 | 810 | * | .08 | .3 | 1 |
| LUNCHMEAT, FRANKFURTERS----- | 77 | 3.6 | 6.6 | .5 | 2 | .6 | 50 | .05 | .06 | .8 | 0 |
| OTHER MEAT----- | 14 | 1.6 | .8 | * | 1 | .2 | * | .01 | .03 | .4 | * |
| POULTRY----- | 77 | 8.7 | 4.4 | .0 | 5 | .7 | 170 | .02 | .09 | 2.3 | * |
| FISH, SHELLFISH----- | 20 | 2.5 | 1.0 | .3 | 5 | .1 | 10 | .01 | .01 | .6 | * |
| OTHER PROTEIN FOOD----- | 160 | 9.6 | 11.2 | 6.0 | 41 | 1.6 | 530 | .08 | .15 | 1.7 | * |
| EGGS----- | 65 | 5.2 | 4.6 | .4 | 22 | .9 | 470 | .04 | .11 | * | 0 |
| DRY LEGUMES----- | 16 | .9 | .2 | 2.6 | 6 | .3 | 10 | .01 | .01 | .1 | * |
| NUTS, PEANUT BUTTER----- | 66 | 2.6 | 5.8 | 2.0 | 7 | .3 | * | .02 | .02 | 1.4 | * |
| SOUP, MIXTURES----- | 12 | .8 | .6 | .9 | 5 | .1 | 50 | .01 | .01 | .1 | * |
| ALL VEGETABLES----- | 200 | 6.2 | 2.7 | 40.9 | 63 | 2.6 | 3,450 | .20 | .16 | 3.2 | 43 |
| POTATOES----- | 101 | 2.4 | 1.7 | 19.7 | 9 | .7 | * | .09 | .04 | 1.7 | 13 |
| DARK GREEN----- | 3 | .2 | * | .5 | 6 | .1 | 370 | .01 | .01 | .1 | 4 |
| DEEP YELLOW----- | 15 | .3 | .1 | 3.4 | 8 | .2 | 1,890 | .01 | .02 | .1 | 2 |
| TOMATOES----- | 22 | .7 | .2 | 4.8 | 6 | .5 | 590 | .04 | .02 | .5 | 10 |
| OTHER----- | 51 | 2.2 | .4 | 11.2 | 32 | 1.1 | 400 | .06 | .07 | .7 | 14 |
| SOUP, MIXTURES----- | 8 | .4 | .2 | 1.2 | 2 | .1 | 200 | * | * | .1 | * |
| ALL FRUIT----- | 138 | 1.1 | .4 | 35.0 | 22 | 1.0 | 360 | .10 | .06 | .6 | 36 |
| CITRUS----- | 32 | .5 | .1 | 7.7 | 10 | .2 | 120 | .05 | .01 | .2 | 29 |
| OTHER VITAMIN C-RICH----- | 3 | * | * | .7 | * | * | 50 | * | * | * | 1 |
| OTHER----- | 103 | .6 | .3 | 26.6 | 12 | .8 | 200 | .04 | .04 | .4 | 6 |
| MIXTURES----- | * | * | * | * | * | * | * | * | * | * | * |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP--CONTINUED

NORTHEAST

RURAL NONFARM

| FOOD GROUP * | AVERAGE PER DAY | | | | | | | | | | |
|--------------------------------------|-----------------|---------|------|-------------------|---------|------|-----------------------|---------|-----------------|--------|------------------|
| | FOOD ENERGY | PROTEIN | FAT | CARBO- HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO- FLAVIN | NIACIN | ASCORBIC ACID |
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) |
| | CAL | G | G | G | MG | MG | IU | MG | MG | MG | MG |
| GRAIN, ENRICHED OR WHOLE GRAIN----- | 535 | 16.0 | 5.1 | 105.0 | 123 | 4.9 | 10 | .56 | .39 | 5.0 | * |
| FLOUR----- | 110 | 3.1 | .4 | 23.0 | 17 | .9 | * | .11 | .08 | .9 | 0 |
| CEREAL, PASTES----- | 125 | 3.5 | .7 | 26.2 | 19 | 1.4 | * | .19 | .09 | 1.5 | * |
| BREAD----- | 266 | 8.7 | 3.1 | 49.9 | 82 | 2.4 | * | .25 | .20 | 2.4 | 0 |
| OTHER BAKERY PRODUCTS----- | 34 | .8 | .9 | 5.9 | 5 | .2 | * | .02 | .02 | .2 | * |
| GRAIN, NOT ENRICHED OR WHOLE GRAIN-- | 316 | 5.4 | 10.5 | 51.2 | 55 | .9 | 130 | .06 | .08 | .7 | * |
| FLOUR----- | 36 | .4 | 1.0 | 6.6 | 10 | .1 | * | * | .01 | * | 0 |
| CEREAL, PASTES----- | 5 | .1 | .1 | 1.0 | * | * | 0 | * | * | * | 0 |
| BREAD----- | 20 | .7 | .1 | 4.1 | 6 | .1 | * | .01 | .01 | .1 | 0 |
| OTHER BAKERY PRODUCTS----- | 219 | 3.3 | 7.8 | 34.4 | 31 | .6 | 60 | .03 | .05 | .4 | 0 |
| SOUP, MIXTURES----- | 36 | .9 | 1.4 | 5.0 | 7 | .1 | 70 | .01 | .01 | .2 | * |
| FATS, OILS----- | 403 | .3 | 45.1 | .9 | 8 | * | 1,090 | * | * | * | * |
| BUTTER----- | 85 | .1 | 9.6 | * | 2 | .0 | 390 | .00 | .00 | .0 | 0 |
| MARGARINE----- | 149 | .1 | 16.7 | .1 | 4 | .0 | 650 | .00 | .00 | .0 | 0 |
| OIL, SALAD DRESSING----- | 87 | .1 | 9.5 | .6 | 1 | * | 20 | * | * | * | * |
| LARD----- | 7 | * | .8 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| VEGETABLE SHORTENING----- | 76 | * | 8.5 | .2 | 0 | .0 | * | .00 | .00 | .0 | 0 |
| SUGAR, SWEETS----- | 337 | .9 | 1.9 | 82.3 | 30 | .7 | 90 | .02 | .02 | .2 | 7 |
| SUGAR, SIRUP, JELLY, CANDY----- | 282 | .6 | 1.9 | 68.2 | 24 | .6 | 10 | .01 | .02 | .2 | * |
| OTHER SWEETS-- | | | | | | | | | | | |
| ADDED VITAMIN C----- | 13 | * | * | 3.4 | 5 | * | 80 | * | * | * | 7 |
| NO ADDED VITAMIN C----- | 42 | .2 | * | 10.6 | 1 | * | * | * | * | * | * |
| OTHER FOOD----- | 59 | .3 | .1 | 9.8 | 37 | 1.0 | 10 | * | .06 | 5.0 | 0 |
| ALCOHOLIC BEVERAGE----- | 28 | .1 | .0 | 1.6 | 2 | * | 0 | * | .01 | .2 | 0 |
| SOME NUTRITIVE VALUE----- | 31 | .2 | .1 | 8.1 | 35 | 1.0 | 10 | * | .04 | 4.7 | 0 |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP

NORTHEAST

RURAL NONFARM

| FOOD GROUP * | AVERAGE PER DAY | | | | | | | | | | |
|------------------------------|-----------------|---------|-------|---------------|---------|------|-----------------|---------|-------------|--------|---------------|
| | FOOD ENERGY | PROTEIN | FAT | CARBO-HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO-FLAVIN | NIACIN | ASCORBIC ACID |
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) |
| | CAL | G | G | G | MG | MG | IU | MG | MG | MG | MG |
| ALL FOOD GROUPS----- | 3,383 | 111.3 | 155.9 | 389.1 | 1,217 | 20.4 | 7,040 | 1.70 | 2.55 | 26.5 | 107 |
| MILK, CREAM, CHEESE----- | 468 | 24.6 | 25.6 | 35.3 | 786 | .3 | 1,050 | .19 | 1.06 | .7 | 6 |
| MILK----- | 337 | 18.7 | 17.1 | 27.2 | 636 | .1 | 690 | .16 | .91 | .6 | 6 |
| CREAM, ICE CREAM----- | 64 | 1.3 | 3.8 | 6.4 | 44 | * | 160 | .01 | .06 | * | * |
| CHEESE----- | 58 | 4.2 | 4.3 | .7 | 98 | .1 | 180 | .01 | .08 | * | 0 |
| SOUP, MIXTURES----- | 9 | .3 | .4 | 1.1 | 8 | * | 30 | .01 | .01 | .1 | * |
| MEAT, POULTRY, FISH----- | 664 | 42.7 | 52.9 | 1.0 | 33 | 5.8 | 890 | .34 | .51 | 9.2 | 1 |
| BEEF----- | 281 | 19.0 | 22.1 | .0 | 11 | 2.8 | 30 | .05 | .16 | 3.6 | 0 |
| BACON, SALT PORK----- | 72 | .9 | 7.5 | .1 | 1 | .1 | 0 | .02 | .01 | .2 | 0 |
| OTHER PORK----- | 118 | 6.1 | 10.2 | * | 4 | .9 | 0 | .16 | .07 | 1.2 | 0 |
| LIVER----- | 5 | .7 | .1 | .1 | * | .3 | 660 | * | .09 | .4 | 1 |
| LUNCHMEAT, FRANKFURTERS----- | 92 | 4.3 | 8.0 | .5 | 2 | .7 | 70 | .06 | .08 | 1.0 | 0 |
| OTHER MEAT----- | 18 | 2.1 | 1.0 | * | 2 | .2 | 0 | .01 | .03 | .5 | 0 |
| POULTRY----- | 55 | 6.3 | 3.1 | .0 | 4 | .5 | 120 | .02 | .07 | 1.6 | * |
| FISH, SHELLFISH----- | 24 | 3.4 | 1.0 | .2 | 8 | .2 | 20 | .01 | .01 | .8 | * |
| OTHER PROTEIN FOOD----- | 171 | 10.2 | 11.3 | 7.9 | 41 | 1.8 | 530 | .09 | .15 | 1.9 | * |
| EGGS----- | 65 | 5.2 | 4.6 | .4 | 22 | .9 | 470 | .04 | .11 | * | 0 |
| DRY LEGUMES----- | 27 | 1.5 | .3 | 4.5 | 10 | .5 | 20 | .02 | .01 | .1 | * |
| NUTS, PEANUT BUTTER----- | 67 | 2.7 | 5.8 | 2.1 | 7 | .2 | * | .02 | .02 | 1.5 | * |
| SOUP, MIXTURES----- | 9 | .5 | .4 | .7 | 1 | .1 | 40 | * | .01 | .1 | * |
| ALL VEGETABLES----- | 223 | 6.6 | 3.4 | 44.7 | 63 | 2.7 | 2,880 | .22 | .16 | 3.5 | 43 |
| POTATOES----- | 127 | 2.9 | 2.4 | 24.1 | 11 | .9 | * | .10 | .05 | 2.1 | 16 |
| DARK GREEN----- | 1 | .1 | * | .3 | 4 | .1 | 270 | * | .01 | * | 2 |
| DEEP YELLOW----- | 10 | .2 | * | 2.3 | 5 | .1 | 1,390 | .01 | .01 | .1 | 1 |
| TOMATOES----- | 27 | .8 | .3 | 5.9 | 7 | .5 | 660 | .04 | .03 | .6 | 10 |
| OTHER----- | 52 | 2.2 | .4 | 11.4 | 34 | 1.1 | 420 | .06 | .06 | .6 | 13 |
| SOUP, MIXTURES----- | 5 | .3 | .2 | .7 | 1 | * | 140 | * | * | .1 | * |
| ALL FRUIT----- | 143 | 1.4 | .5 | 36.3 | 32 | 1.0 | 410 | .12 | .06 | .8 | 51 |
| CITRUS----- | 47 | .8 | .1 | 11.5 | 21 | .3 | 180 | .08 | .02 | .3 | 44 |
| OTHER VITAMIN C-RICH----- | 3 | * | * | .7 | * | * | * | * | * | * | 1 |
| OTHER----- | 93 | .6 | .3 | 24.0 | 11 | .7 | 230 | .04 | .04 | .4 | 6 |
| MIXTURES----- | * | * | * | .1 | * | * | * | * | * | * | * |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP--CONTINUED

NORTHEAST

RURAL NONFARM

| FOOD GROUP * | AVERAGE PER DAY | | | | | | | | | | |
|--------------------------------------|-----------------|---------|------|-------------------|---------|------|-----------------------|---------|-----------------|--------|------------------|
| | FOOD ENERGY | PROTEIN | FAT | CARBO- HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO- FLAVIN | NIACIN | ASCORBIC ACID |
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) |
| | CAL | G | G | G | MG | MG | IU | MG | MG | MG | MG |
| GRAIN, ENRICHED OR WHOLE GRAIN----- | 597 | 18.3 | 5.4 | 117.2 | 135 | 6.1 | 10 | .65 | .44 | 5.5 | * |
| FLOUR----- | 123 | 3.5 | .4 | 25.8 | 17 | 1.0 | * | .12 | .09 | 1.1 | 0 |
| CEREAL, PASTES----- | 173 | 5.2 | 1.2 | 35.2 | 30 | 2.4 | 10 | .26 | .12 | 1.8 | * |
| BREAD----- | 274 | 8.9 | 3.2 | 51.4 | 84 | 2.5 | * | .25 | .21 | 2.5 | 0 |
| OTHER BAKERY PRODUCTS----- | 28 | .7 | .6 | 4.9 | 5 | .2 | * | .02 | .01 | .2 | 0 |
| GRAIN, NOT ENRICHED OR WHOLE GRAIN-- | 315 | 5.7 | 10.2 | 51.0 | 54 | 1.0 | 100 | .07 | .08 | .8 | * |
| FLOUR----- | 55 | .7 | 1.6 | 9.7 | 16 | .1 | * | .01 | .01 | .1 | 0 |
| CEREAL, PASTES----- | 12 | .3 | .1 | 2.4 | * | .1 | 0 | .01 | * | .1 | 0 |
| BREAD----- | 23 | .8 | .2 | 4.7 | 6 | .1 | * | .01 | .01 | .1 | 0 |
| OTHER BAKERY PRODUCTS----- | 195 | 3.1 | 7.0 | 30.2 | 24 | .5 | 40 | .03 | .04 | .4 | * |
| SOUP, MIXTURES----- | 31 | .9 | 1.2 | 4.0 | 7 | .1 | 60 | .01 | .01 | .2 | * |
| FATS, OILS----- | 394 | .3 | 43.9 | 1.4 | 7 | * | 1,030 | * | * | * | * |
| BUTTER----- | 71 | .1 | 8.0 | * | 2 | .0 | 330 | .00 | .00 | .0 | 0 |
| MARGARINE----- | 151 | .1 | 16.9 | .1 | 4 | .0 | 690 | .00 | .00 | .0 | 0 |
| OIL, SALAD DRESSING----- | 74 | .1 | 7.9 | .9 | 1 | * | 20 | * | * | * | * |
| LARD----- | 19 | .0 | 2.1 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| VEGETABLE SHORTENING----- | 80 | * | 8.9 | .4 | 0 | .0 | * | .00 | .00 | .0 | 0 |
| SUGAR, SWEETS----- | 351 | 1.1 | 2.4 | 84.7 | 32 | .7 | 100 | .02 | .03 | .2 | 5 |
| SUGAR, SIRUP, JELLY, CANDY----- | 281 | .7 | 2.3 | 67.1 | 26 | .6 | 10 | .02 | .03 | .2 | * |
| OTHER SWEETS-- | | | | | | | | | | | |
| ADDED VITAMIN C----- | 10 | * | * | 2.7 | 4 | * | 90 | * | * | * | 5 |
| NO ADDED VITAMIN C----- | 59 | .4 | .2 | 14.9 | 2 | * | * | * | * | * | * |
| OTHER FOOD----- | 56 | .4 | .3 | 9.7 | 33 | 1.1 | 40 | .01 | .07 | 4.0 | 0 |
| ALCOHOLIC BEVERAGE----- | 23 | .1 | .0 | 1.3 | 2 | * | 0 | * | .01 | .2 | 0 |
| SOME NUTRITIVE VALUE----- | 33 | .3 | .3 | 8.4 | 32 | 1.1 | 40 | .01 | .06 | 3.8 | 0 |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP ALL SOURCES

NORTHEAST

RURAL FARM

| FOOD GROUP * | AVERAGE PER DAY | | | | | | | | | | |
|------------------------------|-----------------|---------|-------|---------------|---------|------|-----------------|---------|-------------|--------|---------------|
| | FOOD ENERGY | PROTEIN | FAT | CARBO-HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO-FLAVIN | NIACIN | ASCORBIC ACID |
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) |
| | CAL | G | G | G | MG | MG | IU | MG | MG | MG | MG |
| ALL FOOD GROUPS----- | 3,648 | 113.9 | 163.4 | 440.2 | 1,227 | 21.0 | 8,390 | 1.78 | 2.66 | 26.7 | 112 |
| MILK, CREAM, CHEESE----- | 496 | 25.1 | 28.3 | 36.5 | 793 | .2 | 1,150 | .19 | 1.09 | .7 | 7 |
| MILK----- | 352 | 19.1 | 19.1 | 26.8 | 642 | * | 770 | .17 | .93 | .6 | 6 |
| CREAM, ICE CREAM----- | 85 | 1.8 | 5.0 | 8.5 | 59 | * | 210 | .02 | .09 | * | * |
| CHEESE----- | 55 | 4.0 | 4.0 | .6 | 87 | .1 | 160 | .01 | .08 | * | 0 |
| SOUP, MIXTURES----- | 5 | .1 | .2 | .6 | 4 | * | 10 | * | .01 | * | * |
| MEAT, POULTRY, FISH----- | 644 | 41.1 | 51.5 | 1.0 | 31 | 5.6 | 1,190 | .30 | .49 | 8.9 | 1 |
| BEEF----- | 293 | 20.3 | 22.9 | .0 | 12 | 3.0 | 30 | .05 | .16 | 3.9 | 0 |
| BACON, SALT PORK----- | 71 | .9 | 7.5 | .1 | 1 | .1 | 0 | .02 | .01 | .2 | 0 |
| OTHER PORK----- | 102 | 5.5 | 8.7 | * | 3 | .8 | 0 | .14 | .06 | 1.1 | 0 |
| LIVER----- | 5 | .7 | .1 | .2 | * | .3 | 980 | * | .10 | .4 | 1 |
| LUNCHMEAT, FRANKFURTERS----- | 84 | 3.8 | 7.3 | .5 | 2 | .6 | 20 | .05 | .06 | .8 | 0 |
| OTHER MEAT----- | 9 | .9 | .5 | * | 1 | .1 | 0 | .01 | .01 | .3 | 0 |
| POULTRY----- | 55 | 5.9 | 3.3 | * | 4 | .5 | 140 | .02 | .07 | 1.6 | * |
| FISH, SHELLFISH----- | 24 | 3.2 | 1.1 | .2 | 9 | .2 | 10 | .01 | .01 | .7 | * |
| OTHER PROTEIN FOOD----- | 175 | 10.9 | 11.6 | 7.3 | 45 | 1.9 | 640 | .09 | .18 | 1.6 | * |
| EGGS----- | 84 | 6.6 | 5.9 | .5 | 28 | 1.2 | 610 | .05 | .15 | .1 | 0 |
| DRY LEGUMES----- | 25 | 1.5 | .3 | 4.4 | 10 | .5 | 10 | .02 | .01 | .1 | * |
| NUTS, PEANUT BUTTER----- | 59 | 2.4 | 5.2 | 1.9 | 6 | .2 | * | .02 | .01 | 1.3 | * |
| SOUP, MIXTURES----- | 5 | .3 | .2 | .5 | 1 | * | 30 | * | * | * | * |
| ALL VEGETABLES----- | 262 | 8.0 | 3.0 | 54.8 | 71 | 3.1 | 3,370 | .28 | .20 | 4.3 | 54 |
| POTATOES----- | 145 | 3.5 | 2.0 | 29.0 | 13 | 1.0 | * | .13 | .06 | 2.5 | 19 |
| DARK GREEN----- | 2 | .2 | * | .4 | 6 | .1 | 370 | .01 | .01 | * | 3 |
| DEEP YELLOW----- | 12 | .3 | .1 | 2.8 | 7 | .2 | 1,760 | .01 | .01 | .1 | 2 |
| TOMATOES----- | 25 | .8 | .2 | 5.3 | 8 | .5 | 680 | .04 | .03 | .6 | 12 |
| OTHER----- | 76 | 3.1 | .6 | 16.8 | 37 | 1.3 | 460 | .09 | .09 | 1.0 | 17 |
| SOUP, MIXTURES----- | 3 | .1 | .1 | .5 | 1 | * | 90 | * | * | * | * |
| ALL FRUIT----- | 153 | 1.4 | .6 | 38.7 | 32 | 1.1 | 710 | .11 | .08 | .8 | 46 |
| CITRUS----- | 34 | .5 | .1 | 8.2 | 13 | .2 | 130 | .06 | .02 | .2 | 31 |
| OTHER VITAMIN C-RICH----- | 7 | .1 | * | 1.6 | 2 | .1 | 250 | * | .01 | .1 | 6 |
| OTHER----- | 113 | .8 | .5 | 28.8 | 16 | .8 | 330 | .05 | .05 | .5 | 8 |
| MIXTURES----- | * | * | * | * | * | * | * | * | * | * | * |

* SEE NOTES FOLLOWING WEST. TABLE 10.

TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP ALL SOURCES--CONTINUED

NORTHEAST

RURAL FARM

| FOOD GROUP * | AVERAGE PER DAY | | | | | | | | | | | |
|--------------------------------------|-----------------|---------|------|---------------|---------|------|-----------------|---------|-------------|--------|---------------|------|
| | FOOD ENERGY | PROTEIN | FAT | CARBO-HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO-FLAVIN | NIACIN | ASCORBIC ACID | |
| | (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) |
| | CAL | G | G | G | MG | MG | IU | MG | MG | MG | MG | |
| GRAIN, ENRICHED OR WHOLE GRAIN----- | 715 | 21.4 | 5.8 | 142.5 | 136 | 6.6 | 10 | .74 | .48 | 6.3 | * | |
| FLOUR----- | 268 | 7.6 | .8 | 56.0 | 25 | 2.1 | * | .26 | .18 | 2.3 | | 0 |
| CEREAL, PASTES----- | 158 | 4.6 | 1.1 | 32.8 | 26 | 2.0 | 10 | .22 | .09 | 1.5 | * | |
| BREAD----- | 258 | 8.4 | 3.0 | 48.4 | 80 | 2.4 | * | .24 | .20 | 2.3 | | 0 |
| OTHER BAKERY PRODUCTS----- | 31 | .7 | .8 | 5.3 | 6 | .2 | * | .02 | .02 | .2 | * | |
| GRAIN, NOT ENRICHED OR WHOLE GRAIN-- | 257 | 4.4 | 8.0 | 42.6 | 41 | .8 | 70 | .05 | .06 | .6 | * | |
| FLOUR----- | 44 | .6 | 1.1 | 8.3 | 12 | .1 | * | * | .01 | * | | 0 |
| CEREAL, PASTES----- | 16 | .4 | .2 | 3.3 | 1 | .1 | * | .01 | * | .1 | | 0 |
| BREAD----- | 14 | .4 | .1 | 2.8 | 4 | .1 | 0 | .01 | * | .1 | | 0 |
| OTHER BAKERY PRODUCTS----- | 162 | 2.4 | 5.9 | 25.2 | 21 | .4 | 40 | .02 | .03 | .3 | * | |
| SOUP, MIXTURES----- | 21 | .4 | .9 | 2.9 | 3 | .1 | 30 | * | .01 | .1 | * | |
| FATS, OILS----- | 471 | .3 | 52.5 | 1.5 | 9 | * | 1,200 | * | * | * | * | |
| BUTTER----- | 95 | .1 | 10.7 | .1 | 3 | .0 | 440 | .00 | .00 | .0 | | 0 |
| MARGARINE----- | 162 | .1 | 18.3 | .1 | 5 | .0 | 740 | .00 | .00 | .0 | | 0 |
| OIL, SALAD DRESSING----- | 97 | .1 | 10.4 | 1.2 | 2 | * | 20 | * | * | * | * | |
| LARD----- | 35 | * | 3.9 | * | 0 | .0 | 0 | .00 | .00 | .0 | | 0 |
| VEGETABLE SHORTENING----- | 82 | * | 9.3 | .1 | 0 | .0 | * | .00 | .00 | .0 | | 0 |
| SUGAR, SWEETS----- | 433 | .8 | 1.7 | 167.8 | 33 | .8 | 50 | .01 | .03 | .2 | | 5 |
| SUGAR, SIRUP, JELLY, CANDY----- | 383 | .5 | 1.7 | 94.9 | 29 | .7 | 10 | .01 | .02 | .1 | * | |
| OTHER SWEETS-- | | | | | | | | | | | | |
| ADDED VITAMIN C----- | 12 | * | * | 3.2 | 4 | * | 40 | * | * | * | | 4 |
| NO ADDED VITAMIN C----- | 38 | .3 | .1 | 9.7 | 1 | * | * | * | * | * | * | |
| OTHER FOOD----- | 40 | .4 | .3 | 7.6 | 34 | .8 | 10 | .01 | .05 | 3.4 | | 0 |
| ALCOHOLIC BEVERAGE----- | 13 | .1 | .0 | .8 | 1 | * | 0 | * | .01 | .1 | | 0 |
| SOME NUTRITIVE VALUE----- | 27 | .3 | .3 | 6.9 | 33 | .8 | 10 | .01 | .04 | 3.3 | | 0 |

TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP ALL SOURCES

NORTHEAST

RURAL FARM

| FOOD GROUP † | AVERAGE PER DAY | | | | | | | | | | |
|-----------------------------|-----------------|---------|-------|-------------------|---------|------|-----------------------|--------------|-----------------|--------|------------------|
| | FOOD- ENERGY | PROTEIN | FAT | CARBO- HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIA- MIN | RIBO- FLAVIN | NIACIN | ASCORBIC ACID |
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) |
| | CAL | G | G | G | MG | MG | IU | MG | MG | MG | MG |
| ALL FOOD GROUPS----- | 3,449 | 109.3 | 160.6 | 399.2 | 1,163 | 20.2 | 7,430 | 1.63 | 2.50 | 25.6 | 101 |
| MILK, CREAM, CHEESE----- | 475 | 23.8 | 27.1 | 35.2 | 739 | .2 | 1,100 | .18 | 1.02 | .6 | 6 |
| MILK----- | 321 | 17.3 | 17.6 | 24.3 | 582 | * | 710 | .15 | .84 | .5 | 5 |
| CREAM, ICE CREAM----- | 95 | 2.1 | 5.6 | 9.4 | 67 | * | 230 | .02 | .10 | * | * |
| CHEESE----- | 52 | 4.2 | 3.6 | .6 | 83 | .1 | 150 | * | .08 | * | 0 |
| SOUP, MIXTURES----- | 8 | .2 | .3 | 1.0 | 7 | * | 20 | * | .01 | * | * |
| MEAT, POULTRY, FISH----- | 687 | 42.9 | 55.4 | 1.0 | 33 | 5.9 | 1,270 | .34 | .52 | 9.2 | * |
| BEEF----- | 304 | 20.9 | 23.8 | .0 | 12 | 3.1 | 30 | .06 | .17 | 4.0 | 0 |
| BACON, SALT PORK----- | 85 | 1.0 | 6.9 | .1 | 2 | .1 | 0 | .02 | .01 | .2 | 0 |
| OTHER PORK----- | 129 | 6.9 | 11.0 | * | 4 | 1.0 | 0 | .18 | .07 | 1.3 | 0 |
| LIVER----- | 5 | .7 | .1 | .2 | * | .3 | 1,010 | * | .10 | .4 | * |
| LUNCHEAT, FRANKFURTERS----- | 81 | 3.7 | 7.1 | .5 | 2 | .6 | 60 | .05 | .07 | .8 | 0 |
| OTHER MEAT----- | 6 | .7 | .3 | * | * | * | 0 | * | * | .2 | 0 |
| POULTRY----- | 52 | 5.8 | 3.0 | * | 3 | .5 | 160 | .01 | .08 | 1.5 | * |
| FISH, SHELLFISH----- | 24 | 3.2 | 1.1 | * | 9 | .2 | 10 | * | .02 | .8 | * |
| OTHER PROTEIN FOOD----- | 170 | 10.5 | 11.4 | 7.1 | 43 | 1.8 | 600 | .09 | .16 | 1.7 | * |
| EGGS----- | 77 | 6.1 | 5.5 | .4 | 26 | 1.1 | 560 | .04 | .14 | * | 0 |
| DRY LEGUMES----- | 24 | 1.4 | .3 | 4.1 | 10 | .5 | 10 | .02 | .01 | .1 | * |
| NUTS, PEANUT BUTTER----- | 61 | 2.5 | 5.3 | 1.9 | 6 | .2 | * | .02 | .01 | 1.4 | * |
| SOUP, MIXTURES----- | 6 | .4 | .3 | .5 | 1 | * | 30 | * | * | * | * |
| ALL VEGETABLES----- | 228 | 6.7 | 2.9 | 46.6 | 65 | 2.7 | 2,770 | .23 | .16 | 3.7 | 42 |
| POTATOES----- | 139 | 3.3 | 2.2 | 27.4 | 12 | 1.0 | * | .12 | .06 | 2.4 | 18 |
| DARK GREEN----- | 3 | .2 | * | .5 | 10 | .2 | 630 | * | .01 | * | 3 |
| DEEP YELLOW----- | 6 | .1 | * | 1.5 | 4 | * | 1,130 | * | * | * | * |
| TOMATOES----- | 21 | .6 | .2 | 4.7 | 5 | .4 | 500 | .03 | .02 | .5 | 8 |
| OTHER----- | 55 | 2.2 | .4 | 12.1 | 32 | 1.1 | 390 | .07 | .06 | .6 | 13 |
| SOUP, MIXTURES----- | 4 | .2 | * | .5 | * | * | 120 | * | * | * | * |
| ALL FRUIT----- | 138 | 1.3 | .4 | 34.9 | 33 | 1.1 | 490 | .10 | .07 | .8 | 47 |
| CITRUS----- | 32 | .5 | * | 7.8 | 14 | .2 | 120 | .05 | .02 | .2 | 30 |
| OTHER VITAMIN C-RICH----- | 11 | .1 | * | 2.6 | 4 | .2 | 80 | * | .01 | .1 | 11 |
| OTHER----- | 95 | .7 | .3 | 24.5 | 15 | .7 | 290 | .04 | .04 | .4 | 7 |
| MIXTURES----- | * | * | * | * | * | * | * | * | * | * | * |

† SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP ALL SOURCES--CONTINUED

NORTHEAST

RURAL FARM

| FOOD GROUP ‡ | AVERAGE PER DAY | | | | | | | | | | |
|--------------------------------------|-----------------|---------|------|-------------------|---------|------|-----------------------|--------------|-----------------|--------|------------------|
| | FOOD* ENERGY | PROTEIN | FAT | CARBO- HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIA- MIN | RIBO- FLAVIN | NIACIN | ASCORBIC ACID |
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) |
| | CAL | G | G | G | MG | MG | IU | MG | MG | MG | MG |
| GRAIN, ENRICHED OR WHOLE GRAIN----- | 609 | 18.3 | 5.4 | 120.4 | 131 | 6.1 | * | .64 | .42 | 5.6 | * |
| FLOUR----- | 171 | 4.8 | .6 | 35.6 | 19 | 1.4 | * | .17 | .12 | 1.5 | 0 |
| CEREAL, PASTES----- | 152 | 4.5 | 1.0 | 31.7 | 29 | 2.2 | * | .21 | .09 | 1.7 | * |
| BREAD----- | 255 | 8.3 | 3.0 | 47.9 | 78 | 2.3 | * | .24 | .20 | 2.3 | 0 |
| OTHER BAKERY PRODUCTS----- | 30 | .7 | .8 | 5.2 | 6 | .2 | * | .02 | .02 | .2 | * |
| GRAIN, NOT ENRICHED OR WHOLE GRAIN-- | 255 | 4.4 | 8.0 | 42.1 | 44 | .7 | 70 | .04 | .06 | .6 | * |
| FLOUR----- | 40 | .5 | 1.0 | 7.4 | 12 | * | * | * | * | * | 0 |
| CEREAL, PASTES----- | 9 | .2 | .1 | 1.8 | * | * | * | * | * | * | 0 |
| BREAD----- | 14 | .5 | .1 | 2.9 | 4 | * | 0 | * | * | * | 0 |
| OTHER BAKERY PRODUCTS----- | 174 | 2.7 | 6.1 | 27.6 | 24 | .5 | 40 | .02 | .03 | .3 | * |
| SOUP, MIXTURES----- | 18 | .5 | .7 | 2.4 | 3 | * | 30 | * | * | .1 | * |
| FATS, OILS----- | 426 | .3 | 47.5 | 1.2 | 8 | * | 1,030 | * | * | * | * |
| BUTTER----- | 103 | * | 11.6 | * | 3 | .0 | 470 | .00 | .00 | .0 | 0 |
| MARGARINE----- | 118 | * | 13.2 | * | 3 | .0 | 540 | .00 | .00 | .0 | 0 |
| OIL, SALAD DRESSING----- | 85 | * | 9.2 | .9 | 1 | * | 20 | * | * | * | * |
| LARD----- | 49 | * | 5.4 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| VEGETABLE SHORTENING----- | 72 | * | 8.1 | .2 | 0 | .0 | * | .00 | .00 | .0 | 0 |
| SUGAR, SWEETS----- | 421 | .9 | 2.2 | 103.5 | 36 | .8 | 60 | .01 | .03 | .1 | 4 |
| SUGAR, SIRUP, JELLY, CANDY----- | 379 | .6 | 2.2 | 92.5 | 31 | .8 | 10 | .01 | .03 | .1 | * |
| OTHER SWEETS-- | | | | | | | | | | | |
| ADDED VITAMIN C----- | 10 | * | * | 2.5 | 4 | * | 40 | * | * | * | 4 |
| NO ADDED VITAMIN C----- | 33 | .2 | * | 8.5 | * | * | * | * | * | * | * |
| OTHER FOOD----- | 40 | .3 | .3 | 7.1 | 32 | .8 | 20 | * | .05 | 3.4 | 0 |
| ALCOHOLIC BEVERAGE----- | 15 | * | .0 | .8 | 1 | * | 0 | * | * | .1 | 0 |
| SOME NUTRITIVE VALUE----- | 25 | .2 | .3 | 6.3 | 31 | .8 | 20 | * | .04 | 3.3 | 0 |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP ALL SOURCES

NORTHEAST

RURAL FAR

| FOOD GROUP * | AVERAGE PER DAY | | | | | | | | | | |
|------------------------------|-----------------|---------|-------|---------------|---------|------|-----------------|---------|-------------|--------|---------------|
| | FOOD ENERGY | PROTEIN | FAT | CARBO-HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO-FLAVIN | NIACIN | ASCORBIC ACID |
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) |
| | CAL | G | G | G | MG | MG | IU | MG | MG | MG | MG |
| ALL FOOD GROUPS----- | 3,657 | 112.1 | 155.4 | 465.5 | 1,101 | 21.2 | 8,630 | 1.87 | 2.52 | 26.9 | 124 |
| MILK, CREAM, CHEESE----- | 430 | 21.3 | 24.6 | 31.7 | 666 | .2 | 1,010 | .16 | .91 | .6 | 5 |
| MILK----- | 270 | 15.0 | 14.2 | 21.2 | 507 | * | 570 | .13 | .73 | .5 | 5 |
| CREAM, ICE CREAM----- | 98 | 2.0 | 6.0 | 9.6 | 64 | * | 250 | .02 | .09 | * | 1 |
| CHEESE----- | 56 | 4.2 | 4.2 | .5 | 91 | .1 | 170 | .01 | .08 | * | 0 |
| SOUP, MIXTURES----- | 5 | .1 | .2 | .4 | 4 | * | 20 | .01 | .01 | * | * |
| MEAT, POULTRY, FISH----- | 564 | 37.9 | 44.2 | .8 | 31 | 5.0 | 550 | .27 | .39 | 7.9 | * |
| BEEF----- | 268 | 19.3 | 20.5 | .0 | 11 | 2.9 | 30 | .05 | .16 | 3.7 | 0 |
| BACON, SALT PORK----- | 53 | .6 | 5.6 | .1 | 1 | .1 | 0 | .01 | .01 | .1 | 0 |
| OTHER PORK----- | 80 | 4.7 | 6.6 | * | 3 | .7 | 0 | .13 | .05 | .9 | 0 |
| LIVER----- | 1 | .2 | * | .1 | * | .1 | 350 | * | .03 | .1 | * |
| LUNCHMEAT, FRANKFURTERS----- | 82 | 3.7 | 7.1 | .5 | 2 | .5 | 0 | .05 | .06 | .8 | 0 |
| OTHER MEAT----- | 5 | .5 | .3 | * | * | .1 | 0 | * | .01 | .1 | 0 |
| POULTRY----- | 52 | 5.7 | 3.0 | * | 4 | .5 | 160 | .02 | .07 | 1.5 | * |
| FISH, SHELLFISH----- | 23 | 3.2 | 1.0 | .1 | 10 | .1 | 10 | .01 | .01 | .7 | * |
| OTHER PROTEIN FOOD----- | 185 | 11.9 | 11.9 | 8.2 | 49 | 2.1 | 680 | .10 | .19 | 1.6 | * |
| EGGS----- | 92 | 7.3 | 6.5 | .5 | 30 | 1.3 | 660 | .05 | .16 | .1 | 0 |
| DRY LEGUMES----- | 32 | 2.0 | .3 | 5.6 | 12 | .6 | 10 | .03 | .01 | .2 | * |
| NUTS, PEANUT BUTTER----- | 59 | 2.4 | 5.1 | 1.8 | 6 | .2 | * | .02 | .01 | 1.3 | * |
| SOUP, MIXTURES----- | 2 | .2 | .1 | .1 | * | * | 10 | * | * | * | * |
| ALL VEGETABLES----- | 312 | 9.9 | 3.8 | 65.5 | 84 | 3.7 | 3,640 | .35 | .28 | 5.2 | 68 |
| POTATOES----- | 150 | 3.6 | 2.3 | 29.5 | 13 | 1.0 | 0 | .13 | .06 | 2.6 | 20 |
| DARK GREEN----- | 3 | .2 | * | .6 | 7 | .2 | 410 | .01 | .01 | .1 | 6 |
| DEEP YELLOW----- | 9 | .2 | * | 2.1 | 6 | .1 | 1,600 | .01 | .01 | .1 | 1 |
| TOMATOES----- | 28 | 1.1 | .2 | 6.1 | 11 | .5 | 860 | .06 | .04 | .7 | 18 |
| OTHER----- | 120 | 4.7 | 1.1 | 26.8 | 46 | 1.7 | 690 | .14 | .16 | 1.7 | 23 |
| SOUP, MIXTURES----- | 3 | .1 | .1 | .4 | 1 | * | 80 | * | * | * | * |
| ALL FRUIT----- | 139 | 1.6 | .6 | 35.1 | 30 | 1.2 | 1,350 | .10 | .09 | 1.0 | 45 |
| CITRUS----- | 25 | .4 | .1 | 6.1 | 9 | .1 | 90 | .04 | .01 | .2 | 24 |
| OTHER VITAMIN C-RICH----- | 10 | .2 | * | 2.4 | 4 | .1 | 720 | .01 | .01 | .2 | 10 |
| OTHER----- | 105 | 1.0 | .5 | 26.6 | 17 | .9 | 530 | .05 | .06 | .6 | 11 |
| MIXTURES----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP ALL SOURCES--CONTINUED

NORTHEAST

RURAL FARM

| FOOD GROUP * | AVERAGE PER DAY | | | | | | | | | | |
|--------------------------------------|-----------------|---------|------|-------------------|---------|------|-----------------------|---------|-----------------|--------|------------------|
| | FOOD ENERGY | PROTEIN | FAT | CARBO- HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO- FLAVIN | NIACIN | ASCORBIC ACID |
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) |
| | CAL | G | G | G | MG | MG | IU | MG | MG | MG | MG |
| GRAIN, ENRICHED OR WHOLE GRAIN----- | 786 | 23.6 | 6.3 | 156.7 | 132 | 6.9 | 10 | .83 | .53 | 6.9 | * |
| FLOUR----- | 331 | 9.5 | 1.0 | 69.1 | 20 | 2.6 | 0 | .32 | .22 | 2.9 | 0 |
| CEREAL, PASTES----- | 166 | 4.9 | 1.3 | 34.1 | 26 | 1.8 | 10 | .25 | .10 | 1.6 | * |
| BREAD----- | 245 | 8.2 | 2.9 | 46.2 | 78 | 2.3 | * | .23 | .18 | 2.2 | 0 |
| OTHER BAKERY PRODUCTS----- | 43 | 1.0 | 1.1 | 7.2 | 7 | .2 | * | .03 | .02 | .2 | * |
| GRAIN, NOT ENRICHED OR WHOLE GRAIN-- | 274 | 4.5 | 9.1 | 44.9 | 43 | .7 | 100 | .05 | .06 | .5 | * |
| FLOUR----- | 39 | .6 | 1.1 | 6.9 | 10 | .1 | * | * | .01 | * | 0 |
| CEREAL, PASTES----- | 14 | .4 | .1 | 3.0 | 1 | .1 | * | .01 | * | .1 | 0 |
| BREAD----- | 14 | .5 | .1 | 2.9 | 4 | .1 | 0 | .01 | .01 | .1 | 0 |
| OTHER BAKERY PRODUCTS----- | 171 | 2.6 | 6.3 | 26.8 | 24 | .4 | 40 | .02 | .04 | .3 | 0 |
| SOUP, MIXTURES----- | 36 | .5 | 1.5 | 5.2 | 4 | .1 | 60 | * | .01 | .1 | * |
| FATS, OILS----- | 478 | .4 | 53.2 | 1.8 | 10 | * | 1,270 | * | * | * | * |
| BUTTER----- | 93 | .1 | 10.5 | .1 | 3 | .0 | 430 | .00 | .00 | .0 | 0 |
| MARGARINE----- | 177 | .1 | 19.9 | .1 | 5 | .0 | 810 | .00 | .00 | .0 | 0 |
| OIL, SALAD DRESSING----- | 112 | .1 | 11.9 | 1.5 | 2 | * | 30 | * | * | * | * |
| LARD----- | 22 | * | 2.4 | * | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| VEGETABLE SHORTENING----- | 75 | * | 8.4 | .1 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| SUGAR, SWEETS----- | 457 | .8 | 1.5 | 114.9 | 27 | .6 | 20 | .01 | .03 | .2 | 4 |
| SUGAR, SIRUP, JELLY, CANDY----- | 404 | .5 | 1.4 | 101.0 | 22 | .6 | 10 | .01 | .02 | .1 | * |
| OTHER SWEETS-- | | | | | | | | | | | |
| ADDED VITAMIN C----- | 18 | * | * | 4.7 | 3 | * | * | * | * | * | 4 |
| NO ADDED VITAMIN C----- | 35 | .3 | * | 9.3 | 1 | * | * | * | * | * | * |
| OTHER FOOD----- | 31 | .3 | .2 | 6.0 | 30 | .7 | 10 | .01 | .05 | 3.0 | 0 |
| ALCOHOLIC BEVERAGE----- | 9 | * | .0 | .5 | 1 | .0 | 0 | .00 | * | .1 | 0 |
| SOME NUTRITIVE VALUE----- | 22 | .2 | .2 | 5.5 | 29 | .7 | 10 | .01 | .04 | 2.9 | 0 |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP ALL SOURCES

NORTHEAST

RURAL FARM

| FOOD GROUP # (1) | AVERAGE PER DAY | | | | | | | | | | |
|------------------------------|-----------------|---------|-------|---------------|---------|------|-----------------|---------|-------------|--------|---------------|
| | FOOD ENERGY | PROTEIN | FAT | CARBO-HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO-FLAVIN | NIACIN | ASCORBIC ACID |
| | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) |
| | CAL | G | G | G | MG | MG | IU | MG | MG | MG | MG |
| ALL FOOD GROUPS----- | 3,641 | 118.1 | 163.6 | 431.5 | 1,403 | 20.6 | 9,390 | 1.76 | 2.89 | 25.8 | 116 |
| MILK, CREAM, CHEESE----- | 592 | 30.3 | 33.9 | 43.1 | 967 | .2 | 1,380 | .24 | 1.34 | .8 | 8 |
| MILK----- | 449 | 24.3 | 24.5 | 34.1 | 815 | * | 990 | .21 | 1.18 | .8 | 7 |
| CREAM, ICE CREAM----- | 80 | 1.8 | 4.6 | 8.0 | 59 | * | 190 | .02 | .08 | * | * |
| CHEESE----- | 60 | 4.1 | 4.6 | .6 | 91 | .1 | 190 | .01 | .08 | * | 0 |
| SOUP, MIXTURES----- | 4 | .1 | .1 | .5 | 3 | * | 10 | * | * | * | * |
| MEAT, POULTRY, FISH----- | 635 | 41.9 | 50.1 | 1.2 | 33 | 5.7 | 1,350 | .30 | .52 | 9.2 | 1 |
| BEEF----- | 283 | 20.4 | 21.7 | .0 | 12 | 3.0 | 30 | .05 | .17 | 3.9 | 0 |
| BACON, SALT PORK----- | 60 | .8 | 6.3 | .1 | 1 | .1 | 0 | .01 | .01 | .1 | 0 |
| OTHER PORK----- | 98 | 5.3 | 8.3 | * | 3 | .8 | 0 | .14 | .06 | 1.0 | 0 |
| LIVER----- | 6 | .9 | .2 | .2 | * | .4 | 1,150 | .01 | .13 | .5 | 1 |
| LUNCHMEAT, FRANKFURTERS----- | 85 | 3.9 | 7.4 | .5 | 2 | .6 | 30 | .05 | .07 | .8 | 0 |
| OTHER MEAT----- | 8 | .8 | .6 | * | * | .1 | 0 | .01 | .02 | .2 | 0 |
| POULTRY----- | 67 | 6.6 | 4.3 | .0 | 4 | .6 | 140 | .02 | .06 | 1.9 | 0 |
| FISH, SHELLFISH----- | 28 | 3.3 | 1.3 | .3 | 10 | .2 | 10 | .01 | .02 | .8 | 0 |
| OTHER PROTEIN FOOD----- | 175 | 10.8 | 11.4 | 7.7 | 45 | 1.9 | 650 | .09 | .17 | 1.5 | * |
| EGGS----- | 81 | 6.4 | 5.7 | .4 | 27 | 1.1 | 580 | .05 | .14 | * | 0 |
| DRY LEGUMES----- | 25 | 1.5 | .3 | 4.2 | 10 | .5 | 10 | .02 | .01 | .1 | * |
| NUTS, PEANUT BUTTER----- | 56 | 2.2 | 4.9 | 1.9 | 6 | .2 | * | .02 | .01 | 1.2 | * |
| SOUP, MIXTURES----- | 9 | .5 | .4 | .9 | 1 | .1 | 40 | * | .01 | .1 | * |
| ALL VEGETABLES----- | 248 | 7.6 | 2.9 | 51.4 | 76 | 3.0 | 4,430 | .26 | .19 | 3.9 | 55 |
| POTATOES----- | 134 | 3.2 | 2.0 | 26.7 | 12 | .9 | * | .12 | .06 | 2.3 | 18 |
| DARK GREEN----- | 1 | .1 | * | .3 | 4 | .1 | 200 | * | .01 | * | 3 |
| DEEP YELLOW----- | 24 | .6 | .1 | 5.7 | 13 | .3 | 3,190 | .02 | .03 | .2 | 4 |
| TOMATOES----- | 22 | .8 | .2 | 4.9 | 7 | .4 | 610 | .04 | .02 | .6 | 11 |
| OTHER----- | 63 | 2.8 | .5 | 13.6 | 39 | 1.2 | 350 | .08 | .07 | .7 | 20 |
| SOUP, MIXTURES----- | 3 | .2 | .1 | .4 | * | * | 70 | * | * | * | * |
| ALL FRUIT----- | 163 | 1.4 | .5 | 41.3 | 30 | 1.1 | 350 | .12 | .07 | .7 | 46 |
| CITRUS----- | 42 | .6 | .1 | 10.2 | 15 | .2 | 170 | .07 | .02 | .3 | 39 |
| OTHER VITAMIN C-RICH----- | 3 | * | * | .9 | * | * | 10 | * | * | * | 2 |
| OTHER----- | 117 | .7 | .4 | 30.2 | 14 | .8 | 170 | .05 | .05 | .4 | 6 |
| MIXTURES----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP ALL SOURCES--CONTINUED

NORTHEAST

RURAL FARM

| FOOD GROUP # (1) | AVERAGE PER DAY | | | | | | | | | | |
|--------------------------------------|-----------------|---------|------|-------------------|---------|------|-----------------------|---------|-----------------|--------|------------------|
| | FOOD ENERGY | PROTEIN | FAT | CARBO- HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO- FLAVIN | NIACIN | ASCORBIC ACID |
| | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) |
| | CAL | G | G | G | MG | MG | IU | MG | MG | MG | MG |
| GRAIN, ENRICHED OR WHOLE GRAIN----- | 670 | 20.0 | 5.3 | 133.5 | 139 | 6.4 | 10 | .68 | .46 | 6.0 | * |
| FLOUR----- | 241 | 6.9 | .7 | 50.5 | 31 | 1.9 | 0 | .23 | .17 | 2.1 | 0 |
| CEREAL, PASTES----- | 138 | 3.9 | .8 | 28.9 | 22 | 1.8 | 10 | .18 | .07 | 1.4 | * |
| BREAD----- | 268 | 8.7 | 3.1 | 50.4 | 82 | 2.5 | * | .25 | .21 | 2.4 | 0 |
| OTHER BAKERY PRODUCTS----- | 23 | .5 | .6 | 3.8 | 4 | .1 | * | .01 | .01 | .1 | 0 |
| GRAIN, NOT ENRICHED OR WHOLE GRAIN-- | 267 | 4.5 | 8.0 | 44.7 | 41 | .8 | 50 | .05 | .06 | .5 | 1 |
| FLOUR----- | 60 | 1.1 | 1.0 | 11.8 | 17 | .1 | * | .01 | .01 | .1 | 0 |
| CEREAL, PASTES----- | 18 | .5 | .1 | 3.7 | 1 | .1 | * | .01 | * | .1 | 0 |
| BREAD----- | 6 | .2 | * | 1.2 | 2 | * | 0 | * | * | * | 0 |
| OTHER BAKERY PRODUCTS----- | 171 | 2.5 | 6.3 | 26.2 | 20 | .4 | 40 | .02 | .04 | .3 | 1 |
| SOUP, MIXTURES----- | 13 | .3 | .5 | 1.9 | 2 | * | 10 | * | * | .1 | * |
| FATS, OILS----- | 443 | .3 | 49.3 | 1.4 | 8 | * | 1,110 | * | * | .0 | 0 |
| BUTTER----- | 79 | .1 | 8.9 | * | 2 | .0 | 360 | .00 | .00 | .0 | 0 |
| MARGARINE----- | 158 | .1 | 17.8 | .1 | 4 | .0 | 730 | .00 | .00 | .0 | 0 |
| OIL, SALAD DRESSING----- | 103 | .1 | 11.0 | 1.2 | 2 | * | 20 | * | * | .0 | 0 |
| LARD----- | 31 | .0 | 3.4 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| VEGETABLE SHORTENING----- | 73 | * | 8.2 | .1 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| SUGAR, SWEETS----- | 397 | .8 | 1.7 | 98.6 | 31 | .7 | 60 | .02 | .02 | .2 | 5 |
| SUGAR, SIRUP, JELLY, CANDY----- | 350 | .5 | 1.6 | 86.4 | 26 | .7 | 10 | .01 | .02 | .1 | * |
| OTHER SWEETS-- | | | | | | | | | | | |
| ADDED VITAMIN C----- | 9 | * | * | 2.2 | 4 | * | 50 | .01 | * | * | 4 |
| NO ADDED VITAMIN C----- | 39 | .2 | * | 10.0 | 1 | * | 0 | * | * | * | 0 |
| OTHER FOOD----- | 51 | .6 | .5 | 8.5 | 33 | .8 | * | * | .04 | 3.1 | 0 |
| ALCOHOLIC BEVERAGE----- | 20 | .1 | .0 | 1.0 | 1 | * | 0 | * | .01 | .1 | 0 |
| SOME NUTRITIVE VALUE----- | 30 | .5 | .5 | 7.5 | 31 | .8 | * | * | .04 | 3.0 | 0 |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP ALL SOURCES

NORTHEAST

RURAL FA...

| FOOD GROUP # (1) | AVERAGE PER DAY | | | | | | | | | | |
|------------------------------|-----------------|---------|-------|---------------|---------|------|-----------------|---------|-------------|--------|---------------|
| | FOOD ENERGY | PROTEIN | FAT | CARBO-HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO-FLAVIN | NIACIN | ASCORBIC ACID |
| | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) |
| | CAL | G | G | G | MG | MG | IU | MG | MG | MG | MG |
| ALL FOOD GROUPS----- | 3,829 | 116.7 | 175.7 | 454.8 | 1,289 | 21.5 | 8,120 | 1.84 | 2.78 | 28.1 | 104 |
| MILK, CREAM, CHEESE----- | 516 | 26.7 | 29.4 | 37.6 | 851 | .2 | 1,190 | .21 | 1.18 | .7 | 7 |
| MILK----- | 397 | 21.4 | 21.8 | 29.9 | 718 | * | 880 | .19 | 1.04 | .7 | 7 |
| CREAM, ICE CREAM----- | 64 | 1.4 | 3.6 | 6.8 | 46 | * | 150 | .01 | .07 | * | * |
| CHEESE----- | 51 | 3.7 | 3.8 | .5 | 85 | .1 | 160 | .01 | .07 | * | 0 |
| SOUP, MIXTURES----- | 4 | .1 | .2 | .5 | 3 | * | 10 | * | * | * | * |
| MEAT, POULTRY, FISH----- | 710 | 42.6 | 58.1 | 1.1 | 29 | 5.8 | 1,760 | .31 | .55 | 9.5 | 1 |
| BEEF----- | 325 | 20.8 | 26.1 | .0 | 12 | 3.1 | 40 | .05 | .17 | 4.0 | 0 |
| BACON, SALT PORK----- | 91 | 1.1 | 9.5 | .1 | 2 | .2 | 0 | .02 | .01 | .2 | 0 |
| OTHER PORK----- | 109 | 5.3 | 9.6 | * | 3 | .8 | 0 | .14 | .06 | 1.0 | 0 |
| LIVER----- | 7 | 1.0 | .2 | .3 | * | .4 | 1,590 | .01 | .15 | .6 | 1 |
| LUNCHMEAT, FRANKFURTERS----- | 88 | 4.0 | 7.7 | .5 | 2 | .6 | 0 | .06 | .06 | .9 | 0 |
| OTHER MEAT----- | 16 | 1.6 | 1.0 | * | 1 | .2 | 0 | .01 | .03 | .6 | 0 |
| POULTRY----- | 52 | 5.7 | 3.1 | * | 3 | .4 | 120 | .01 | .06 | 1.6 | 0 |
| FISH, SHELLFISH----- | 22 | 3.0 | 1.0 | .1 | 5 | .2 | 10 | .01 | .01 | .6 | * |
| OTHER PROTEIN FOOD----- | 167 | 10.3 | 11.6 | 6.0 | 42 | 1.8 | 630 | .08 | .17 | 1.5 | * |
| EGGS----- | 82 | 6.5 | 5.8 | .5 | 27 | 1.2 | 600 | .05 | .14 | * | 0 |
| DRY LEGUMES----- | 18 | 1.1 | .2 | 3.1 | 8 | .3 | 10 | .02 | .01 | .1 | * |
| NUTS, PEANUT BUTTER----- | 60 | 2.4 | 5.3 | 1.8 | 7 | .2 | * | .02 | .01 | 1.2 | * |
| SOUP, MIXTURES----- | 6 | .3 | .3 | .5 | 1 | * | 30 | * | * | .1 | * |
| ALL VEGETABLES----- | 246 | 7.3 | 2.2 | 52.1 | 58 | 2.9 | 2,650 | .25 | .16 | 4.1 | 46 |
| POTATOES----- | 154 | 3.9 | 1.5 | 32.0 | 14 | 1.1 | 0 | .14 | .07 | 2.8 | 22 |
| DARK GREEN----- | 1 | .1 | * | .2 | 4 | .1 | 250 | * | .01 | * | 1 |
| DEEP YELLOW----- | 10 | .2 | * | 2.3 | 5 | .1 | 1,300 | .01 | .01 | .1 | 1 |
| TOMATOES----- | 25 | .8 | .2 | 5.4 | 6 | .5 | 660 | .04 | .03 | .6 | 10 |
| OTHER----- | 52 | 2.1 | .3 | 11.6 | 29 | 1.0 | 330 | .06 | .05 | .6 | 11 |
| SOUP, MIXTURES----- | 4 | .2 | .1 | .5 | 1 | * | 100 | * | * | * | * |
| ALL FRUIT----- | 176 | 1.4 | .7 | 44.4 | 36 | 1.1 | 410 | .12 | .07 | .8 | 44 |
| CITRUS----- | 39 | .6 | .1 | 9.6 | 17 | .2 | 150 | .06 | .02 | .3 | 36 |
| OTHER VITAMIN C-RICH----- | 2 | * | * | .5 | * | * | * | * | * | * | 1 |
| OTHER----- | 135 | .8 | .6 | 34.4 | 19 | .9 | 260 | .05 | .05 | .5 | 7 |
| MIXTURES----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |

* SEE NOTES FOLLOWING WEST, TABLE 18.

WINTER 1966 BY FOOD GROUP

TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP ALL SOURCES--CONTINUED

NORTHEAST

RURAL FARM

| FOOD GROUP * | AVERAGE PER DAY | | | | | | | | | | |
|--------------------------------------|-----------------|---------|------|-------------------|---------|------|-----------------------|---------|-----------------|--------|------------------|
| | FOOD ENERGY | PROTEIN | FAT | CARBO- HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO- FLAVIN | NIACIN | ASCORBIC ACID |
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) |
| | CAL | G | G | G | MG | MG | IU | MG | MG | MG | MG |
| GRAIN, ENRICHED OR WHOLE GRAIN----- | 768 | 22.7 | 5.9 | 153.4 | 145 | 7.0 | 10 | .79 | .51 | 6.5 | * |
| FLOUR----- | 303 | 8.6 | .9 | 63.5 | 32 | 2.4 | 0 | .29 | .20 | 2.5 | 0 |
| CEREAL, PASTES----- | 172 | 4.8 | 1.3 | 35.5 | 26 | 2.0 | * | .23 | .09 | 1.4 | * |
| BREAD----- | 268 | 8.7 | 3.2 | 50.1 | 83 | 2.5 | 0 | .25 | .21 | 2.4 | 0 |
| OTHER BAKERY PRODUCTS----- | 25 | .6 | .6 | 4.3 | 5 | .2 | * | .02 | .01 | .1 | 0 |
| GRAIN, NOT ENRICHED OR WHOLE GRAIN-- | 228 | 4.1 | 6.8 | 38.5 | 33 | .8 | 50 | .06 | .05 | .6 | * |
| FLOUR----- | 42 | .4 | 1.1 | 7.9 | 10 | .1 | 0 | * | .01 | * | 0 |
| CEREAL, PASTES----- | 24 | .7 | .3 | 4.9 | 1 | .1 | * | .02 | .01 | .1 | 0 |
| BREAD----- | 19 | .6 | .1 | 3.8 | 5 | .1 | 0 | .01 | .01 | .1 | 0 |
| OTHER BAKERY PRODUCTS----- | 132 | 2.0 | 4.8 | 20.3 | 14 | .4 | 20 | .02 | .02 | .3 | * |
| SOUP, MIXTURES----- | 12 | .4 | .5 | 1.5 | 3 | .1 | 30 | * | .01 | .1 | * |
| FATS, OILS----- | 531 | .4 | 59.3 | 1.3 | 9 | * | 1,370 | * | * | * | * |
| BUTTER----- | 104 | .1 | 11.7 | .1 | 3 | .0 | 480 | .00 | .00 | .0 | 0 |
| MARGARINE----- | 190 | .2 | 21.4 | .1 | 5 | .0 | 870 | .00 | .00 | .0 | 0 |
| OIL, SALAD DRESSING----- | 84 | .1 | 9.0 | .9 | 1 | * | 20 | * | * | * | * |
| LARD----- | 43 | .0 | 4.8 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| VEGETABLE SHORTENING----- | 110 | * | 12.3 | .2 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| SUGAR, SWEETS----- | 446 | .9 | 1.6 | 111.1 | 41 | 1.0 | 70 | .01 | .03 | .2 | 6 |
| SUGAR, SIRUP, JELLY, CANDY----- | 390 | .5 | 1.5 | 97.1 | 36 | 1.0 | 10 | .01 | .02 | .1 | * |
| OTHER SWEETS-- | | | | | | | | | | | |
| ADDED VITAMIN C----- | 11 | * | * | 2.9 | 3 | * | 60 | * | * | * | 5 |
| NO ADDED VITAMIN C----- | 45 | .4 | .1 | 11.1 | 2 | * | * | * | * | * | * |
| OTHER FOOD----- | 43 | .4 | .2 | 9.3 | 43 | .9 | * | .01 | .05 | 4.2 | 0 |
| ALCOHOLIC BEVERAGE----- | 10 | * | .0 | .7 | 1 | .0 | 0 | * | .01 | .1 | 0 |
| SOME NUTRITIVE VALUE----- | 33 | .3 | .2 | 8.5 | 42 | .9 | * | .01 | .05 | 4.1 | 0 |

TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP HOME-PRODUCED

NORTHEAST

RURAL FA

| FOOD GROUP † | AVERAGE PER DAY | | | | | | | | | | |
|------------------------------|-----------------|---------|------|---------------|---------|------|-----------------|---------|-------------|--------|---------------|
| | FOOD ENERGY | PROTEIN | FAT | CARBO-HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO-FLAVIN | NIACIN | ASCORBIC ACID |
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) |
| | CAL | G | G | G | MG | MG | IU | MG | MG | MG | MG |
| ALL FOOD GROUPS----- | 622 | 30.7 | 34.2 | 50.5 | 443 | 4.0 | 2,930 | .32 | .89 | 4.9 | 29 |
| MILK, CREAM, CHEESE----- | 224 | 11.6 | 12.9 | 16.2 | 387 | * | 520 | .10 | .56 | .4 | 4 |
| MILK----- | 216 | 11.5 | 12.0 | 16.1 | 384 | * | 490 | .10 | .56 | .4 | 4 |
| CREAM, ICE CREAM----- | 8 | .1 | .8 | .1 | 2 | * | 30 | * | * | * | * |
| CHEESE----- | * | * | * | * | * | * | * | * | * | * | 0 |
| SOUP, MIXTURES----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| MEAT, POULTRY, FISH----- | 204 | 13.2 | 16.3 | .1 | 8 | 1.9 | 680 | .08 | .17 | 2.9 | * |
| BEEF----- | 136 | 9.1 | 10.8 | .0 | 5 | 1.4 | 20 | .02 | .07 | 1.7 | 0 |
| BACON, SALT PORK----- | 14 | .2 | 1.4 | * | * | * | 0 | * | * | * | 0 |
| OTHER PORK----- | 28 | 1.5 | 2.4 | * | 1 | .2 | 0 | .04 | .02 | .3 | 0 |
| LIVER----- | 3 | .4 | .1 | .1 | * | .1 | 620 | * | .06 | .2 | * |
| LUNCHMEAT, FRANKFURTERS----- | * | * | * | * | * | * | 0 | * | * | * | 0 |
| OTHER MEAT----- | 5 | .5 | .3 | * | * | .1 | 0 | * | .01 | .2 | 0 |
| POULTRY----- | 15 | 1.2 | 1.1 | * | 1 | .1 | 40 | * | .01 | .4 | 0 |
| FISH, SHELLFISH----- | 2 | .3 | .1 | .0 | 1 | * | * | * | * | * | 0 |
| OTHER PROTEIN FOOD----- | 36 | 2.7 | 2.1 | 1.4 | 11 | .5 | 200 | .02 | .05 | .1 | * |
| EGGS----- | 28 | 2.2 | 2.0 | .2 | 9 | .4 | 200 | .02 | .05 | * | 0 |
| DRY LEGUMES----- | 6 | .4 | * | 1.2 | 2 | .1 | * | .01 | * | * | * |
| NUTS, PEANUT BUTTER----- | 1 | * | .1 | .1 | * | * | * | * | * | * | * |
| SOUP, MIXTURES----- | * | * | * | * | * | * | * | * | * | * | 0 |
| ALL VEGETABLES----- | 86 | 3.0 | .4 | 19.5 | 27 | 1.2 | 1,290 | .10 | .08 | 1.5 | 20 |
| POTATOES----- | 34 | .9 | * | 7.6 | 3 | .3 | 0 | .03 | .02 | .7 | 5 |
| DARK GREEN----- | 1 | .1 | * | .2 | 3 | .1 | 180 | * | * | * | 2 |
| DEEP YELLOW----- | 4 | .1 | * | .9 | 2 | .1 | 620 | * | * | * | 1 |
| TOMATOES----- | 7 | .3 | .1 | 1.4 | 3 | .2 | 270 | .02 | .01 | .2 | 6 |
| OTHER----- | 41 | 1.6 | .3 | 9.3 | 15 | .6 | 230 | .05 | .05 | .5 | 7 |
| SOUP, MIXTURES----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| ALL FRUIT----- | 30 | .2 | .1 | 7.6 | 5 | .2 | 200 | .01 | .02 | .1 | 5 |
| CITRUS----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| OTHER VITAMIN C-RICH----- | 3 | .1 | * | .8 | 1 | * | 150 | * | * | * | 3 |
| OTHER----- | 27 | .2 | .1 | 6.8 | 4 | .2 | 50 | .01 | .01 | .1 | 2 |
| MIXTURES----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP HOME-PRODUCED--CONTINUED

NORTHEAST

RURAL FARM

| FOOD GROUP † (1) | AVERAGE PER DAY | | | | | | | | | | |
|--------------------------------------|-----------------|---------|-----|-------------------|---------|------|-----------------------|---------|-----------------|--------|------------------|
| | FOOD ENERGY | PROTEIN | FAT | CARBO- HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO- FLAVIN | NIACIN | ASCORBIC ACID |
| | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) |
| | CAL | G | G | G | MG | MG | IU | MG | MG | MG | MG |
| GRAIN, ENRICHED OR WHOLE GRAIN----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| FLOUR----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| CEREAL, PASTES----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| BREAD----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| OTHER BAKERY PRODUCTS----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| GRAIN, NOT ENRICHED OR WHOLE GRAIN-- | 1 | * | * | .1 | * | * | * | * | * | * | 0 |
| FLOUR----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| CEREAL, PASTES----- | * | * | * | * | * | * | * | * | * | * | 0 |
| BREAD----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| OTHER BAKERY PRODUCTS----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| SOUP, MIXTURES----- | 1 | * | * | .1 | * | * | * | * | * | * | 0 |
| FATS, OILS----- | 20 | * | 2.3 | * | * | .0 | 40 | .00 | .00 | .0 | 0 |
| BUTTER----- | 9 | * | 1.0 | * | * | .0 | 40 | .00 | .00 | .0 | 0 |
| MARGARINE----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| OIL, SALAD DRESSING----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| LARD----- | 12 | * | 1.3 | * | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| VEGETABLE SHORTENING----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| SUGAR, SWEETS----- | 22 | * | * | 5.7 | 3 | .1 | * | * | * | * | * |
| SUGAR, SIRUP, JELLY, CANDY----- | 22 | * | * | 5.6 | 3 | .1 | * | * | * | * | * |
| OTHER SWEETS----- | | | | | | | | | | | |
| ADDED VITAMIN C----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| NO ADDED VITAMIN C----- | * | .0 | .0 | .1 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| OTHER FOOD----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| ALCOHOLIC BEVERAGE----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| SOME NUTRITIVE VALUE----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |

† SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP HOME-PRODUCED

NORTHEAST

RURAL FARM

| FOOD GROUP ‡ | AVERAGE PER DAY | | | | | | | | | | |
|------------------------------|-----------------|---------|------|-------------------|---------|------|-----------------------|--------------|-----------------|--------|------------------|
| | FOOD* ENERGY | PROTEIN | FAT | CARBO- HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIA- MIN | RIBO- FLAVIN | NIACIN | ASCORBIC ACID |
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) |
| | CAL | G | G | G | MG | MG | IU | MG | MG | MG | MG |
| ALL FOOD GROUPS----- | 606 | 30.2 | 38.4 | 35.5 | 389 | 3.5 | 2,080 | .26 | .78 | 4.6 | 19 |
| MILK, CREAM, CHEESE----- | 201 | 10.4 | 11.6 | 14.4 | 345 | * | 470 | .09 | .50 | .3 | 3 |
| MILK----- | 192 | 10.2 | 10.7 | 14.3 | 342 | * | 430 | .09 | .50 | .3 | 3 |
| CREAM, ICE CREAM----- | 9 | * | .9 | .1 | 3 | .0 | 40 | * | * | * | * |
| CHEESE----- | * | * | * | * | * | * | * | * | * | * | 0 |
| SOUP, MIXTURES----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| MEAT, POULTRY, FISH----- | 250 | 16.0 | 20.1 | .1 | 11 | 2.2 | 640 | .10 | .19 | 3.3 | * |
| BEEF----- | 162 | 10.5 | 13.0 | .0 | 6 | 1.6 | 20 | .03 | .09 | 2.0 | 0 |
| BACON, SALT PORK----- | 19 | .2 | 2.0 | * | * | * | 0 | * | * | * | 0 |
| OTHER PORK----- | 39 | 2.1 | 3.3 | * | 1 | .3 | 0 | .06 | .02 | .4 | 0 |
| LIVER----- | 2 | .3 | * | * | * | .1 | 560 | * | .05 | .2 | * |
| LUNCHMEAT, FRANKFURTERS----- | * | * | * | * | * | * | 0 | * | * | * | 0 |
| OTHER MEAT----- | 2 | .3 | .1 | * | * | * | 0 | * | * | * | 0 |
| POULTRY----- | 18 | 1.6 | 1.2 | * | * | .1 | 50 | * | .02 | .5 | 0 |
| FISH, SHELLFISH----- | 6 | .8 | .2 | .0 | 2 | * | * | * | * | .1 | 0 |
| OTHER PROTEIN FOOD----- | 27 | 2.1 | 1.9 | .3 | 9 | .4 | 180 | .01 | .04 | * | * |
| EGGS----- | 25 | 2.0 | 1.7 | .1 | 8 | .4 | 180 | .01 | .04 | * | 0 |
| DRY LEGUMES----- | * | * | * | .1 | * | * | * | * | * | * | * |
| NUTS, PEANUT BUTTER----- | 2 | * | .2 | * | * | * | * | * | * | * | * |
| SOUP, MIXTURES----- | * | * | * | * | * | * | * | * | * | * | 0 |
| ALL VEGETABLES----- | 49 | 1.6 | .2 | 11.0 | 16 | .7 | 670 | .05 | .04 | .8 | 9 |
| POTATOES----- | 22 | .6 | * | 5.1 | 2 | .2 | 0 | .02 | .01 | .4 | 4 |
| DARK GREEN----- | * | * | * | .2 | 5 | * | 280 | * | * | * | * |
| DEEP YELLOW----- | 1 | * | * | .3 | * | * | 150 | * | * | * | * |
| TOMATOES----- | 3 | .1 | * | .6 | * | * | 120 | * | * | .1 | 2 |
| OTHER----- | 21 | .8 | .1 | 4.8 | 8 | .3 | 120 | .02 | .02 | .2 | 3 |
| SOUP, MIXTURES----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| ALL FRUIT----- | 19 | .2 | * | 4.8 | 6 | .2 | 50 | * | .01 | .1 | 7 |
| CITRUS----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| OTHER VITAMIN C-RICH----- | 5 | * | * | 1.1 | 2 | * | * | * | * | * | 6 |
| OTHER----- | 15 | * | * | 3.8 | 4 | * | 40 | * | * | * | 1 |
| MIXTURES----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |

‡ SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP HOME-PRODUCED--CONTINUED

NORTHEAST

RURAL FARM

| FOOD GROUP ‡ | AVERAGE PER DAY | | | | | | | | | | |
|--------------------------------------|------------------|---------|-----|-------------------|---------|------|-----------------------|--------------|-----------------|--------|------------------|
| | FOOD . ENERGY | PROTEIN | FAT | CARBO- HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIA- MIN | RIBO- FLAVIN | NIACIN | ASCORBIC ACID |
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) |
| | CAL | G | G | G | MG | MG | IU | MG | MG | MG | MG |
| GRAIN, ENRICHED OR WHOLE GRAIN----- | 0 | .0 | .0 | .0 | 0 | .0 | C | .00 | .00 | .0 | 0 |
| FLOUR----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| CEREAL, PASTES----- | 0 | .0 | .0 | .0 | 0 | .0 | C | .00 | .00 | .0 | 0 |
| BREAD----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| OTHER BAKERY PRODUCTS----- | 0 | .0 | .0 | .0 | 0 | .0 | C | .00 | .00 | .0 | 0 |
| GRAIN, NOT ENRICHED OR WHOLE GRAIN-- | 2 | * | .1 | .2 | * | * | * | * | * | * | 0 |
| FLOUR----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| CEREAL, PASTES----- | * | * | * | .1 | * | * | * | * | * | * | 0 |
| BREAD----- | 0 | .0 | .0 | .0 | 0 | .0 | C | .00 | .00 | .0 | 0 |
| OTHER BAKERY PRODUCTS----- | 0 | .0 | .0 | .0 | 0 | .0 | C | .00 | .00 | .0 | 0 |
| SOUP, MIXTURES----- | 2 | * | .1 | .1 | * | * | C | * | * | * | C |
| FATS, OILS----- | 40 | * | 4.5 | * | * | .0 | 8C | .00 | .00 | .0 | 0 |
| BUTTER----- | 17 | * | 1.9 | * | * | .0 | 8C | .00 | .00 | .0 | 0 |
| MARGARINE----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| OIL, SALAD DRESSING----- | 0 | .0 | .0 | .0 | 0 | .0 | C | .00 | .00 | .0 | 0 |
| LARD----- | 23 | .0 | 2.6 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| VEGETABLE SHORTENING----- | 0 | .0 | .0 | .0 | 0 | .0 | C | .00 | .00 | .0 | 0 |
| SUGAR, SWEETS----- | 18 | * | * | 4.6 | 2 | * | * | * | * | * | * |
| SUGAR, SIRUP, JELLY, CANDY----- | 17 | * | * | 4.3 | 2 | * | * | * | * | * | * |
| OTHER SWEETS-- | | | | | | | | | | | |
| ADDED VITAMIN C----- | 0 | .0 | .0 | .0 | 0 | .0 | C | .00 | .00 | .0 | 0 |
| NO ADDED VITAMIN C----- | 1 | .0 | .0 | .3 | 0 | .0 | C | .00 | .00 | .0 | 0 |
| OTHER FOOD----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| ALCOHOLIC BEVERAGE----- | 0 | .0 | .0 | .0 | 0 | .0 | C | .00 | .00 | .0 | 0 |
| SOME NUTRITIVE VALUE----- | 0 | .0 | .0 | .0 | 0 | .0 | C | .00 | .00 | .0 | 0 |

‡ SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP HOME-PRODUCED

NORTHEAST

RURAL FA

| FOOD GROUP * | AVERAGE PER DAY | | | | | | | | | | |
|------------------------------|-----------------|---------|------|-------------------|---------|------|-----------------------|---------|-----------------|--------|------------------|
| | FOOD ENERGY | PROTEIN | FAT | CARBO- HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO- FLAVIN | NIACIN | ASCORBIC ACID |
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) |
| | CAL | G | G | G | MG | MG | IU | MG | MG | MG | MG |
| ALL FOOD GROUPS----- | 638 | 30.0 | 28.2 | 71.1 | 371 | 5.1 | 3,790 | .37 | .81 | 5.7 | 51 |
| MILK, CREAM, CHEESE----- | 172 | 8.5 | 10.3 | 11.9 | 284 | * | 420 | .08 | .41 | .3 | 3 |
| MILK----- | 155 | 8.4 | 8.5 | 11.7 | 280 | * | 350 | .07 | .41 | .3 | 3 |
| CREAM, ICE CREAM----- | 17 | .1 | 1.8 | .2 | 4 | * | 70 | * | .01 | * | * |
| CHEESE----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| SOUP, MIXTURES----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| MEAT, POULTRY, FISH----- | 146 | 10.5 | 11.2 | * | 6 | 1.5 | 340 | .03 | .11 | 2.1 | * |
| BEEF----- | 128 | 8.8 | 10.0 | .0 | 5 | 1.3 | 10 | .02 | .07 | 1.7 | 0 |
| BACON, SALT PORK----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| OTHER PORK----- | 1 | * | .1 | .0 | * | * | 0 | * | * | * | 0 |
| LIVER----- | 1 | .2 | * | * | * | .1 | 280 | * | .03 | .1 | * |
| LUNCHMEAT, FRANKFURTERS----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| OTHER MEAT----- | 2 | .1 | .2 | .0 | * | * | 0 | * | * | * | 0 |
| POULTRY----- | 13 | 1.0 | 1.0 | .0 | 1 | .1 | 40 | * | .01 | .3 | 0 |
| FISH, SHELLFISH----- | 2 | .3 | .1 | .0 | * | * | 0 | * | * | * | 0 |
| OTHER PROTEIN FOOD----- | 63 | 4.7 | 3.2 | 3.6 | 20 | 1.0 | 320 | .04 | .09 | .1 | * |
| EGGS----- | 44 | 3.4 | 3.1 | .2 | 14 | .6 | 320 | .02 | .08 | * | 0 |
| DRY LEGUMES----- | 18 | 1.2 | .1 | 3.3 | 6 | .4 | * | .02 | .01 | .1 | * |
| NUTS, PEANUT BUTTER----- | 1 | * | .1 | * | 0 | * | * | * | * | * | 0 |
| SOUP, MIXTURES----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| ALL VEGETABLES----- | 164 | 5.8 | .9 | 36.9 | 48 | 2.1 | 2,120 | .20 | .17 | 2.9 | 39 |
| POTATOES----- | 61 | 1.7 | .1 | 13.7 | 6 | .5 | 0 | .06 | .03 | 1.2 | 10 |
| DARK GREEN----- | 2 | .2 | * | .4 | 5 | .2 | 330 | .01 | .01 | * | 4 |
| DEEP YELLOW----- | 5 | .1 | * | 1.1 | 3 | .1 | 840 | * | * | * | 1 |
| TOMATOES----- | 11 | .5 | .1 | 2.3 | 6 | .2 | 450 | .03 | .02 | .3 | 11 |
| OTHER----- | 85 | 3.3 | .7 | 19.3 | 28 | 1.1 | 490 | .10 | .11 | 1.3 | 15 |
| SOUP, MIXTURES----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| ALL FRUIT----- | 48 | .4 | .3 | 12.2 | 9 | .4 | 550 | .03 | .03 | .3 | 9 |
| CITRUS----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| OTHER VITAMIN C-RICH----- | 6 | .1 | * | 1.4 | 2 | .1 | 490 | .01 | .01 | .1 | 5 |
| OTHER----- | 43 | .3 | .3 | 10.8 | 7 | .3 | 60 | .02 | .02 | .2 | 3 |
| MIXTURES----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 5.—NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP HOME-PRODUCED--CONTINUED

NORTHEAST

RURAL FARM

| FOOD GROUP * | AVERAGE PER DAY | | | | | | | | | | |
|--------------------------------------|-----------------|---------|-----|---------------|---------|------|-----------------|---------|-------------|--------|---------------|
| | FOOD ENERGY | PROTEIN | FAT | CARBO-HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO-FLAVIN | NIACIN | ASCORBIC ACID |
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) |
| | CAL | G | G | G | MG | MG | IU | MG | MG | MG | MG |
| GRAIN, ENRICHED OR WHOLE GRAIN----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| FLOUR----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| CEREAL, PASTES----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| BREAD----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| OTHER BAKERY PRODUCTS----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| GRAIN, NOT ENRICHED OR WHOLE GRAIN-- | 1 | * | * | .2 | * | * | * | * | * | * | 0 |
| FLOUR----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| CEREAL, PASTES----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| BREAD----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| OTHER BAKERY PRODUCTS----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| SOUP, MIXTURES----- | 1 | * | * | .2 | * | * | * | * | * | * | 0 |
| FATS, OILS----- | 19 | * | 2.2 | * | * | .0 | 60 | .00 | .00 | .0 | 0 |
| BUTTER----- | 12 | * | 1.4 | * | * | .0 | 60 | .00 | .00 | .0 | 0 |
| MARGARINE----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| OIL, SALAD DRESSING----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| LARD----- | 7 | * | .8 | * | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| VEGETABLE SHORTENING----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| SUGAR, SWEETS----- | 24 | * | * | 6.3 | 2 | .1 | * | * | * | * | * |
| SUGAR, SIRUP, JELLY, CANDY----- | 24 | * | * | 6.3 | 2 | .1 | * | * | * | * | * |
| OTHER SWEETS-- | | | | | | | | | | | |
| ADDED VITAMIN C----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| NO ADDED VITAMIN C----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| OTHER FOOD----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| ALCOHOLIC BEVERAGE----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| SOME NUTRITIVE VALUE----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |

TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP HOME-PRODUCED

NORTHEAST

RURAL FA

| FOOD GROUP * | AVERAGE PER DAY | | | | | | | | | | |
|------------------------------|-----------------|---------|------|---------------|---------|------|-----------------|---------|-------------|--------|---------------|
| | FOOD ENERGY | PROTEIN | FAT | CARBO-HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO-FLAVIN | NIACIN | ASCORBIC ACID |
| | (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) |
| | CAL | G | G | G | MG | MG | IU | MG | MG | MG | MG |
| ALL FOOD GROUPS----- | 544 | 28.4 | 28.5 | 45.8 | 497 | 3.2 | 3,010 | .30 | .94 | 4.1 | 23 |
| MILK, CREAM, CHEESE----- | 258 | 13.6 | 14.6 | 19.0 | 454 | .0 | 590 | .12 | .66 | .4 | 4 |
| MILK----- | 255 | 13.6 | 14.3 | 18.9 | 453 | .0 | 580 | .12 | .66 | .4 | 4 |
| CREAM, ICE CREAM----- | 3 | * | .3 | .1 | 1 | .0 | 10 | * | * | * | * |
| CHEESE----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| SOUP, MIXTURES----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| MEAT, POULTRY, FISH----- | 150 | 10.9 | 11.5 | .1 | 6 | 1.7 | 700 | .08 | .17 | 2.4 | 1 |
| BEEF----- | 83 | 6.1 | 6.3 | .0 | 4 | .9 | 10 | .02 | .05 | 1.2 | 0 |
| BACON, SALT PORK----- | 4 | .1 | .4 | * | * | * | 0 | * | * | * | 0 |
| OTHER PORK----- | 32 | 2.0 | 2.6 | .0 | 1 | .3 | 0 | .05 | .02 | .4 | 0 |
| LIVER----- | 4 | .5 | .1 | .1 | * | .2 | 640 | * | .07 | .3 | 1 |
| LUNCHMEAT, FRANKFURTERS----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| OTHER MEAT----- | 6 | .5 | .4 | * | * | .1 | 0 | * | .01 | .1 | 0 |
| POULTRY----- | 21 | 1.5 | 1.6 | .0 | 1 | .1 | 50 | * | .02 | .4 | 0 |
| FISH, SHELLFISH----- | 1 | .1 | * | .0 | * | * | 0 | * | * | * | 0 |
| OTHER PROTEIN FOOD----- | 21 | 1.5 | 1.2 | .7 | 7 | .3 | 110 | .01 | .03 | * | 0 |
| EGGS----- | 15 | 1.2 | 1.1 | .1 | 5 | .2 | 110 | .01 | .03 | * | 0 |
| DRY LEGUMES----- | 3 | .2 | * | .5 | 1 | .1 | 0 | * | * | * | 0 |
| NUTS, PEANUT BUTTER----- | 2 | * | .1 | .2 | * | * | 0 | * | * | * | 0 |
| SOUP, MIXTURES----- | 1 | .1 | * | * | * | * | * | * | * | * | 0 |
| ALL VEGETABLES----- | 66 | 2.3 | .3 | 14.9 | 24 | 1.0 | 1,560 | .08 | .06 | 1.1 | 17 |
| POTATOES----- | 29 | .8 | * | 6.5 | 3 | .2 | 0 | .03 | .01 | .6 | 5 |
| DARK GREEN----- | * | * | * | .1 | 1 | * | 40 | * | * | * | 1 |
| DEEP YELLOW----- | 9 | .3 | .1 | 2.2 | 5 | .1 | 1,170 | .01 | .01 | .1 | 2 |
| TOMATOES----- | 5 | .3 | * | 1.2 | 2 | .1 | 220 | .01 | .01 | .2 | 5 |
| OTHER----- | 22 | .9 | .1 | 4.9 | 13 | .4 | 120 | .03 | .02 | .3 | 5 |
| SOUP, MIXTURES----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| ALL FRUIT----- | 25 | .1 | .1 | 6.3 | 3 | .1 | 50 | .01 | .01 | .1 | 1 |
| CITRUS----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| OTHER VITAMIN C-RICH----- | 1 | * | * | .3 | * | * | * | * | * | * | 1 |
| OTHER----- | 24 | .1 | .1 | 6.1 | 3 | .1 | 50 | .01 | .01 | .1 | 1 |
| MIXTURES----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP HOME-PRODUCED--CONTINUED

NORTHEAST

RURAL FARM

| FOOD GROUP * | AVERAGE PER DAY | | | | | | | | | | |
|--------------------------------------|-----------------|---------|-----|-------------------|---------|------|-----------------------|---------|-----------------|--------|------------------|
| | FOOD ENERGY | PROTEIN | FAT | CARBO- HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO- FLAVIN | NIACIN | ASCORBIC ACID |
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) |
| | CAL | G | G | G | MG | MG | IU | MG | MG | MG | MG |
| GRAIN, ENRICHED OR WHOLE GRAIN----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| FLOUR----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| CEREAL, PASTES----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| BREAD----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| OTHER BAKERY PRODUCTS----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| GRAIN, NOT ENRICHED OR WHOLE GRAIN-- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| FLOUR----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| CEREAL, PASTES----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| BREAD----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| OTHER BAKERY PRODUCTS----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| SOUP, MIXTURES----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| FATS, OILS----- | 7 | .0 | .8 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| BUTTER----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| MARGARINE----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| OIL, SALAD DRESSING----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| LARD----- | 7 | .0 | .8 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| VEGETABLE SHORTENING----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| SUGAR, SWEETS----- | 18 | * | * | 4.7 | 4 | .1 | * | * | * | * | * |
| SUGAR, SIRUP, JELLY, CANDY----- | 18 | * | * | 4.7 | 4 | .1 | * | * | * | * | * |
| OTHER SWEETS-- | | | | | | | | | | | |
| ADDED VITAMIN C----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| NO ADDED VITAMIN C----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| OTHER FOOD----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| ALCOHOLIC BEVERAGE----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| SOME NUTRITIVE VALUE----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP HOME-PRODUCED

NORTHEAST

RURAL FARM

| FOOD GROUP * | AVERAGE PER DAY | | | | | | | | | | |
|------------------------------|-----------------|---------|------|-------------------|---------|------|-----------------------|---------|-----------------|--------|------------------|
| | FOOD ENERGY | PROTEIN | FAT | CARBO- HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO- FLAVIN | NIACIN | ASCORBIC ACID |
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) |
| | CAL | G | G | G | MG | MG | IU | MG | MG | MG | MG |
| ALL FOOD GROUPS----- | 687 | 34.1 | 42.6 | 43.0 | 534 | 3.6 | 2,570 | .30 | 1.05 | 4.9 | 17 |
| MILK, CREAM, CHEESE----- | 281 | 14.9 | 15.8 | 20.8 | 496 | .0 | 640 | .13 | .72 | .5 | 5 |
| MILK----- | 279 | 14.8 | 15.7 | 20.7 | 496 | .0 | 640 | .13 | .72 | .5 | 5 |
| CREAM, ICE CREAM----- | 2 | * | .2 | * | 1 | .0 | 10 | * | * | * | * |
| CHEESE----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| SOUP, MIXTURES----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| MEAT, POULTRY, FISH----- | 278 | 15.9 | 23.2 | .2 | 10 | 2.4 | 1,110 | .11 | .24 | 3.6 | 1 |
| BEEF----- | 169 | 10.6 | 13.7 | .0 | 6 | 1.6 | 20 | .03 | .09 | 2.0 | 0 |
| BACON, SALT PORK----- | 35 | .4 | 3.6 | .1 | 1 | .1 | 0 | .01 | .01 | .1 | 0 |
| OTHER PORK----- | 47 | 2.1 | 4.2 | .0 | 1 | .3 | 0 | .05 | .02 | .4 | 0 |
| LIVER----- | 4 | .6 | .1 | .2 | * | .2 | 1,060 | * | .39 | .3 | 1 |
| LUNCHMEAT, FRANKFURTERS----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| OTHER MEAT----- | 12 | 1.3 | .8 | * | 1 | .2 | 0 | .01 | .02 | .5 | 0 |
| POULTRY----- | 10 | .9 | .7 | .0 | 1 | .1 | 30 | * | .01 | .2 | 0 |
| FISH, SHELLFISH----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| OTHER PROTEIN FOOD----- | 23 | 1.8 | 1.7 | .2 | 7 | .3 | 160 | .01 | .04 | * | 0 |
| EGGS----- | 22 | 1.7 | 1.5 | .1 | 7 | .3 | 160 | .01 | .04 | * | 0 |
| DRY LEGUMES----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| NUTS, PEANUT BUTTER----- | 2 | .1 | .2 | * | 0 | * | * | * | * | * | 0 |
| SOUP, MIXTURES----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| ALL VEGETABLES----- | 43 | 1.4 | .2 | 9.7 | 12 | .7 | 610 | .05 | .03 | .7 | 10 |
| POTATOES----- | 15 | .4 | * | 3.3 | 1 | .1 | 0 | .01 | .01 | .3 | 2 |
| DARK GREEN----- | * | * | * | * | * | * | 10 | * | * | * | * |
| DEEP YELLOW----- | 1 | * | * | .3 | 1 | * | 280 | * | * | * | * |
| TOMATOES----- | 6 | .3 | * | 1.2 | 2 | .2 | 230 | .01 | .01 | .2 | 4 |
| OTHER----- | 21 | .7 | .1 | 4.8 | 8 | .3 | 90 | .02 | .02 | .2 | 3 |
| SOUP, MIXTURES----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| ALL FRUIT----- | 21 | .1 | .1 | 5.5 | 3 | .1 | 30 | .01 | .01 | .1 | 1 |
| CITRUS----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| OTHER VITAMIN C-RICH----- | 1 | * | * | .1 | * | * | * | * | * | * | * |
| OTHER----- | 21 | .1 | .1 | 5.3 | 3 | .1 | 30 | .01 | .01 | .1 | 1 |
| MIXTURES----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP HOME-PRODUCED--CONTINUED

NORTHEAST

RURAL FARM

| FOOD GROUP * | AVERAGE PER DAY | | | | | | | | | | |
|--------------------------------------|-----------------|---------|-----|-------------------|---------|------|-----------------------|---------|-----------------|--------|------------------|
| | FOOD ENERGY | PROTEIN | FAT | CARBO- HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO- FLAVIN | NIACIN | ASCORBIC ACID |
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) |
| | CAL | G | G | G | MG | MG | IU | MG | MG | MG | MG |
| GRAIN, ENRICHED OR WHOLE GRAIN----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| FLOUR----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| CEREAL, PASTES----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| BREAD----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| OTHER BAKERY PRODUCTS----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| GRAIN, NOT ENRICHED OR WHOLE GRAIN-- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| FLOUR----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| CEREAL, PASTES----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| BREAD----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| OTHER BAKERY PRODUCTS----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| SOUP, MIXTURES----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| FATS, OILS----- | 15 | * | 1.6 | * | * | .0 | 20 | .00 | .00 | .0 | 0 |
| BUTTER----- | 5 | * | .6 | * | * | .0 | 20 | .00 | .00 | .0 | 0 |
| MARGARINE----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| OIL, SALAD DRESSING----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| LARD----- | 10 | .0 | 1.1 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| VEGETABLE SHORTENING----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| SUGAR, SWEETS----- | 26 | * | * | 6.7 | 6 | .1 | * | * | * | * | * |
| SUGAR, SIRUP, JELLY, CANDY----- | 26 | * | * | 6.7 | 6 | .1 | * | * | * | * | * |
| OTHER SWEETS-- | | | | | | | | | | | |
| ADDED VITAMIN C----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| NO ADDED VITAMIN C----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| OTHER FOOD----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| ALCOHOLIC BEVERAGE----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| SOME NUTRITIVE VALUE----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP

NORTHEAST

ALL URBANIZATIONS

| FOOD GROUP * | MONEY VALUE | FOOD ENERGY | PROTEIN | FAT | CARBO- HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO- FLAVIN | NIACIN | ASCORBIC ACID |
|--|----------------|----------------|---------|-------|-------------------|---------|-------|-----------------------|---------|-----------------|--------|------------------|
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) | (13) |
| | | CAL | G | G | G | MG | MG | IU | MG | MG | MG | MG |
| ALL FOOD GROUPS, AVERAGE AMOUNT----- | 3.075 | 105.0 | 145.3 | 338.4 | 1,110 | 18.9 | 7,710 | 1.54 | 2.40 | 25.1 | 112 | |
| PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME | | | | | | | | | | | | |
| MILK, CREAM, CHEESE----- | 13.1 | 14.1 | 21.5 | 16.8 | 9.3 | 64.5 | 1.3 | 13.0 | 11.0 | 40.1 | 2.5 | 5.1 |
| MILK----- | 8.5 | 9.7 | 15.7 | 10.6 | 7.0 | 50.4 | .2 | 8.0 | 9.5 | 33.5 | 2.0 | 4.5 |
| CREAM, ICE CREAM----- | 2.1 | 2.1 | 1.3 | 2.7 | 1.9 | 4.1 | .2 | 2.1 | .8 | 2.8 | .1 | .4 |
| CHEESE----- | 2.3 | 2.1 | 4.2 | 3.3 | .2 | 9.3 | .8 | 2.6 | .4 | 3.5 | .1 | .0 |
| SOUP, MIXTURES----- | .3 | .2 | .2 | .2 | .2 | .6 | .2 | .3 | .4 | .4 | .2 | .3 |
| MEAT, POULTRY, FISH----- | 34.9 | 21.7 | 42.3 | 36.2 | .3 | 2.9 | 31.2 | 15.5 | 22.0 | 22.4 | 38.2 | .6 |
| BEEF----- | 14.6 | 9.0 | 17.4 | 15.1 | * | 1.0 | 14.4 | .4 | 3.2 | 6.2 | 13.8 | * |
| BACON, SALT PORK----- | 1.3 | 2.2 | .8 | 4.8 | * | .1 | .6 | .0 | 1.0 | .4 | .6 | .0 |
| OTHER PORK----- | 6.0 | 3.9 | 6.3 | 7.0 | * | .3 | 5.2 | .0 | 11.2 | 2.9 | 5.0 | .0 |
| LIVER----- | .4 | .1 | .6 | .1 | * | * | 1.4 | 11.4 | .3 | 3.8 | 1.4 | .6 |
| LUNCHMEAT, FRANKFURTERS----- | 3.2 | 2.6 | 3.5 | 4.8 | .1 | .2 | 3.1 | 1.1 | 3.4 | 3.0 | 3.4 | .0 |
| OTHER MEAT----- | 2.3 | .9 | 2.3 | 1.3 | * | .1 | 1.5 | * | .8 | 1.3 | 2.4 | * |
| POULTRY----- | 4.2 | 2.2 | 7.8 | 2.4 | * | .5 | 3.8 | 2.3 | 1.4 | 4.1 | 8.2 | * |
| FISH, SHELLFISH----- | 2.8 | .9 | 3.5 | .8 | * | .7 | 1.1 | .3 | .7 | .6 | 3.3 | * |
| OTHER PROTEIN FOOD----- | 4.7 | 4.8 | 8.7 | 6.5 | 2.0 | 3.4 | 8.6 | 6.8 | 5.0 | 5.9 | 5.5 | .3 |
| EGGS----- | 2.8 | 2.1 | 4.8 | 3.1 | .1 | 1.9 | 4.8 | 6.0 | 2.4 | 4.7 | .2 | .0 |
| DRY LEGUMES----- | .4 | .8 | 1.3 | .2 | 1.2 | .8 | 2.3 | .2 | 1.2 | .4 | .5 | .1 |
| NUTS, PEANUT BUTTER----- | .8 | 1.5 | 1.8 | 2.8 | .4 | .5 | .9 | * | 1.0 | .5 | 4.1 | * |
| SOUP, MIXTURES----- | .5 | .3 | .6 | .3 | .2 | .2 | .4 | .5 | .3 | .3 | .4 | .1 |
| ALL VEGETABLES----- | 10.9 | 6.2 | 5.8 | 2.1 | 11.1 | 6.2 | 14.1 | 42.7 | 13.5 | 6.9 | 12.2 | 39.5 |
| POTATOES----- | 2.0 | 3.0 | 1.9 | 1.4 | 5.0 | .7 | 3.3 | * | 4.8 | 1.4 | 5.9 | 9.6 |
| DARK GREEN----- | .7 | .1 | .4 | * | .2 | 1.1 | 1.2 | 8.7 | .8 | .8 | .3 | 6.0 |
| DEEP YELLOW----- | .5 | .3 | .2 | * | .6 | .4 | .6 | 17.3 | .5 | .3 | .4 | 1.1 |
| TOMATOES----- | 2.1 | .8 | .8 | .2 | 1.5 | .7 | 2.8 | 8.6 | 2.7 | 1.1 | 2.5 | 10.1 |
| OTHER----- | 5.2 | 1.8 | 2.3 | .3 | 3.5 | 3.1 | 5.8 | 5.9 | 4.6 | 3.0 | 2.8 | 12.5 |
| SOUP, MIXTURES----- | .4 | .2 | .3 | .1 | .3 | .1 | .3 | 2.2 | .2 | .2 | .3 | .4 |
| ALL FRUIT----- | 7.2 | 4.5 | 1.4 | .3 | 10.3 | 2.8 | 5.7 | 8.2 | 8.0 | 2.8 | 3.2 | 48.8 |
| CITRUS----- | 2.6 | 1.6 | .7 | .1 | 3.5 | 1.7 | 1.5 | 2.3 | 5.2 | 1.0 | 1.3 | 40.1 |
| OTHER VITAMIN C-RICH----- | .4 | .1 | * | * | .2 | .1 | .2 | 2.1 | .2 | .1 | .2 | 2.8 |
| OTHER----- | 4.2 | 2.8 | .6 | .2 | 6.6 | 1.1 | 3.9 | 3.9 | 2.6 | 1.7 | 1.7 | 5.9 |
| MIXTURES----- | * | * | * | * | * | * | * | * | * | * | * | * |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP--CONTINUED

NORTHEAST

ALL URBANIZATIONS

| FOOD GROUP * | MONEY VALUE | FOOD ENERGY | PROTEIN | FAT | CARBO- HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO- FLAVIN | NIACIN | ASCORBIC ACID |
|--|----------------|----------------|---------|------|-------------------|---------|------|-----------------------|---------|-----------------|--------|------------------|
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) | (13) |
| PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME | | | | | | | | | | | | |
| GRAIN, ENRICHED OR WHOLE GRAIN----- | 6.4 | 16.0 | 13.8 | 3.0 | 28.7 | 10.1 | 25.9 | .1 | 34.6 | 14.7 | 18.1 | .3 |
| FLOUR----- | .4 | 2.2 | 1.8 | .2 | 4.1 | 1.3 | 2.8 | * | 4.2 | 1.9 | 2.2 | .0 |
| CEREAL, PASTES----- | 2.3 | 5.3 | 4.2 | .6 | 10.1 | 2.2 | 11.0 | .1 | 14.9 | 4.7 | 6.9 | .3 |
| BREAD----- | 3.1 | 7.5 | 7.2 | 1.8 | 12.9 | 6.1 | 11.1 | * | 14.1 | 7.3 | 8.3 | .0 |
| OTHER BAKERY PRODUCTS----- | .7 | 1.0 | .7 | .5 | 1.6 | .6 | 1.0 | * | 1.4 | .8 | .8 | * |
| GRAIN, NOT ENRICHED OR WHOLE GRAIN-- | 6.0 | 9.7 | 5.2 | 6.7 | 14.3 | 4.6 | 4.8 | 1.4 | 4.0 | 3.0 | 2.8 | .3 |
| FLOUR----- | .4 | 1.0 | .3 | .6 | 1.7 | .8 | .3 | * | .2 | .2 | .1 | * |
| CEREAL, PASTES----- | .1 | .2 | .2 | .1 | .5 | * | .2 | * | .3 | .1 | .1 | .0 |
| BREAD----- | .6 | 1.0 | 1.0 | .1 | 1.9 | .7 | .9 | * | 1.1 | .4 | .6 | .0 |
| OTHER BAKERY PRODUCTS----- | 3.7 | 6.4 | 2.9 | 5.0 | 9.0 | 2.5 | 2.7 | .8 | 1.8 | 1.8 | 1.4 | * |
| SOUP, MIXTURES----- | 1.2 | 1.0 | .8 | .8 | 1.3 | .5 | .6 | .6 | .6 | .5 | .6 | .3 |
| FATS, OILS----- | 3.3 | 11.5 | .2 | 27.1 | .3 | .6 | .2 | 10.7 | .1 | .1 | * | * |
| BUTTER----- | 1.3 | 2.5 | .1 | 6.0 | * | .2 | .0 | 4.6 | .0 | .0 | .0 | .0 |
| MARGARINE----- | .6 | 3.2 | .1 | 7.6 | * | .2 | .0 | 5.8 | .0 | .0 | .0 | .0 |
| OIL, SALAD DRESSING----- | 1.0 | 3.9 | .1 | 9.2 | .2 | .1 | .2 | .2 | .1 | .1 | * | * |
| LARD----- | .1 | .6 | * | 1.4 | * | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| VEGETABLE SHORTENING----- | .3 | 1.2 | * | 2.9 | .1 | .0 | .0 | * | .0 | .0 | .0 | .0 |
| SUGAR, SWEETS----- | 5.4 | 9.5 | .8 | 1.2 | 21.1 | 2.1 | 2.6 | .9 | 1.0 | .9 | .6 | 4.8 |
| SUGAR, SIRUP, JELLY, CANDY----- | 2.5 | 7.2 | .5 | 1.1 | 15.8 | 1.6 | 2.3 | .1 | .7 | .8 | .5 | .2 |
| OTHER SWEETS-- | | | | | | | | | | | | |
| ADDED VITAMIN C----- | .4 | .4 | * | * | 1.0 | .4 | .1 | .8 | .3 | .1 | .1 | 4.3 |
| NO ADDED VITAMIN C----- | 2.4 | 1.9 | .3 | .1 | 4.3 | .1 | .1 | * | * | .1 | .1 | .3 |
| OTHER FOOD----- | 8.1 | 2.0 | .3 | .1 | 2.7 | 2.8 | 5.6 | .6 | .9 | 3.1 | 16.9 | .0 |
| ALCOHOLIC BEVERAGE----- | 4.4 | 1.2 | .2 | .0 | .6 | .3 | .1 | .0 | * | .7 | 1.3 | .0 |
| SOME NUTRITIVE VALUE----- | 3.1 | .9 | .1 | .1 | 2.0 | 2.5 | 5.6 | .6 | .9 | 2.4 | 15.7 | .0 |
| NO NUTRITIVE VALUE----- | .7 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |

TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP

NORTHEAST

ALL ORGANIZATIONS

| FOOD GROUP * | MONEY VALUE | FOOD ENERGY | PROTEIN | FAT | CARBO- HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO- FLAVIN | NIACIN | ASCORBIC ACID |
|--|----------------|----------------|---------|-------|-------------------|---------|-------|-----------------------|---------|-----------------|--------|------------------|
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) | (13) |
| | | CAL | G | G | G | MG | MG | IU | MG | MG | MG | MG |
| ALL FOOD GROUPS, AVERAGE AMOUNT----- | 3,134 | 106.1 | 149.9 | 340.9 | 1,103 | 19.1 | 7,640 | 1.54 | 2.42 | 25.2 | 113 | |
| PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME | | | | | | | | | | | | |
| MILK, CREAM, CHEESE----- | 12.8 | 13.7 | 21.1 | 16.0 | 9.2 | 63.8 | 1.3 | 12.5 | 10.7 | 39.1 | 2.4 | 5.0 |
| MILK----- | 8.0 | 9.1 | 15.1 | 9.7 | 6.7 | 49.2 | .2 | 7.5 | 9.1 | 32.2 | 2.0 | 4.3 |
| CREAM, ICE CREAM----- | 2.2 | 2.2 | 1.4 | 2.7 | 2.0 | 4.3 | .2 | 2.2 | .9 | 2.8 | .1 | .4 |
| CHEESE----- | 2.3 | 2.1 | 4.4 | 3.3 | .2 | 9.7 | .8 | 2.6 | .4 | 3.7 | .1 | .0 |
| SOUP, MIXTURES----- | .3 | .3 | .2 | .2 | .3 | .6 | .2 | .3 | .4 | .5 | .2 | .3 |
| MEAT, POULTRY, FISH----- | 33.8 | 22.3 | 42.8 | 37.1 | .3 | 3.0 | 31.9 | 17.3 | 23.3 | 23.5 | 38.9 | .7 |
| BEEF----- | 14.1 | 9.0 | 17.2 | 15.0 | * | 1.0 | 14.2 | .4 | 3.2 | 6.2 | 13.7 | * |
| BACON, SALT PORK----- | 1.2 | 2.4 | .9 | 5.3 | * | .1 | .7 | .0 | 1.2 | .5 | .7 | .0 |
| OTHER PORK----- | 6.1 | 4.3 | 7.0 | 7.5 | * | .4 | 5.8 | .0 | 12.4 | 3.2 | 5.6 | .0 |
| LIVER----- | .4 | .2 | .7 | .1 | * | * | 1.6 | 13.3 | .4 | 4.4 | 1.6 | .7 |
| LUNCHEAT, FRANKFURTERS----- | 3.3 | 2.7 | 3.7 | 5.0 | .2 | .2 | 3.4 | 1.2 | 3.6 | 3.2 | 3.6 | .0 |
| OTHER MEAT----- | 2.1 | .8 | 2.2 | 1.2 | * | .1 | 1.5 | * | .7 | 1.3 | 2.3 | * |
| POULTRY----- | 3.9 | 2.0 | 7.4 | 2.1 | * | .4 | 3.6 | 2.2 | 1.2 | 4.0 | 7.8 | * |
| FISH, SHELLFISH----- | 2.7 | .9 | 3.7 | .9 | * | .7 | 1.1 | .3 | .7 | .7 | 3.5 | * |
| OTHER PROTEIN FOOD----- | 4.7 | 4.7 | 8.9 | 6.3 | 2.0 | 3.5 | 8.7 | 7.0 | 5.1 | 6.1 | 5.2 | .3 |
| EGGS----- | 2.7 | 2.2 | 5.1 | 3.2 | .1 | 2.1 | 5.1 | 6.3 | 2.5 | 4.9 | .2 | .0 |
| DRY LEGUMES----- | .4 | .8 | 1.3 | .2 | 1.2 | .8 | 2.3 | .2 | 1.2 | .4 | .5 | .2 |
| NUTS, PEANUT BUTTER----- | .7 | 1.4 | 1.7 | 2.5 | .4 | .4 | .8 | * | .9 | .4 | 3.9 | * |
| SOUP, MIXTURES----- | .5 | .3 | .6 | .3 | .2 | .1 | .4 | .4 | .3 | .3 | .4 | * |
| ALL VEGETABLES----- | 11.3 | 6.0 | 5.5 | 2.2 | 10.7 | 6.2 | 13.7 | 42.0 | 13.0 | 6.6 | 11.8 | 37.4 |
| POTATOES----- | 2.3 | 3.0 | 1.9 | 1.5 | 5.0 | .7 | 3.3 | * | 4.8 | 1.4 | 5.9 | 9.5 |
| DARK GREEN----- | .7 | .1 | .4 | * | .2 | 1.2 | 1.3 | 9.2 | .8 | .8 | .3 | 5.8 |
| DEEP YELLOW----- | .5 | .3 | .2 | * | .5 | .4 | .6 | 17.1 | .5 | .3 | .3 | .9 |
| TOMATOES----- | 2.0 | .7 | .7 | .1 | 1.5 | .6 | 2.6 | 7.9 | 2.5 | 1.0 | 2.3 | 9.1 |
| OTHER----- | 5.3 | 1.6 | 2.1 | .3 | 3.2 | 3.0 | 5.7 | 5.7 | 4.4 | 2.9 | 2.6 | 11.8 |
| SOUP, MIXTURES----- | .4 | .2 | .2 | .1 | .3 | .1 | .3 | 2.1 | .2 | .2 | .3 | .4 |
| ALL FRUIT----- | 7.5 | 4.2 | 1.4 | .3 | 9.8 | 2.9 | 5.6 | 7.3 | 7.8 | 2.8 | 3.1 | 50.4 |
| CITRUS----- | 2.8 | 1.5 | .7 | * | 3.5 | 1.7 | 1.6 | 2.2 | 5.2 | 1.0 | 1.3 | 39.9 |
| OTHER VITAMIN C-RICH----- | .7 | .1 | * | * | .3 | .2 | .4 | 1.7 | .2 | .2 | .2 | 4.8 |
| OTHER----- | 4.1 | 2.5 | .6 | .2 | 6.0 | 1.0 | 3.7 | 3.4 | 2.4 | 1.5 | 1.5 | 5.7 |
| MIXTURES----- | * | * | * | * | * | * | * | * | * | * | * | * |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP--CONTINUED

NORTHEAST

ALL URBANIZATION

| FOOD GROUP * | MONEY VALUE | FOOD ENERGY | PROTEIN | FAT | CARBO- HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO- FLAVIN | NIACIN | ASCORBI ACID |
|--|----------------|----------------|---------|------|-------------------|---------|------|-----------------------|---------|-----------------|--------|-----------------|
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) | (13) |
| PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME | | | | | | | | | | | | |
| GRAIN, ENRICHED OR WHOLE GRAIN----- | 6.2 | 15.3 | 13.3 | 2.9 | 27.9 | 10.0 | 25.2 | .1 | 33.9 | 14.3 | 17.9 | .5 |
| FLOUR----- | .3 | 1.9 | 1.6 | .2 | 3.7 | 1.1 | 2.5 | * | 3.7 | 1.7 | 2.0 | .0 |
| CEREAL, PASTES----- | 2.3 | 5.2 | 4.1 | .5 | 10.0 | 2.3 | 10.9 | * | 14.9 | 4.6 | 7.0 | .4 |
| BREAD----- | 2.9 | 7.2 | 6.9 | 1.7 | 12.4 | 5.9 | 10.7 | * | 13.6 | 7.1 | 8.0 | .0 |
| OTHER BAKERY PRODUCTS----- | .7 | 1.1 | .8 | .5 | 1.7 | .6 | 1.1 | * | 1.6 | .9 | .9 | * |
| GRAIN, NOT ENRICHED OR WHOLE GRAIN-- | 6.3 | 10.2 | 5.6 | 6.9 | 15.1 | 5.0 | 5.0 | 1.5 | 4.1 | 3.2 | 3.0 | .4 |
| FLOUR----- | .3 | .9 | .3 | .5 | 1.5 | .8 | .3 | * | .2 | .2 | .1 | * |
| CEREAL, PASTES----- | .2 | .4 | .3 | * | .7 | * | .2 | * | .3 | * | .2 | .0 |
| BREAD----- | .6 | 1.1 | 1.1 | .2 | 2.0 | .8 | .9 | * | 1.1 | .5 | .6 | .0 |
| OTHER BAKERY PRODUCTS----- | 4.0 | 6.8 | 3.1 | 5.3 | 9.6 | 2.8 | 2.9 | .8 | 1.9 | 2.0 | 1.5 | * |
| SOUP, MIXTURES----- | 1.3 | 1.0 | .8 | .9 | 1.3 | .6 | .7 | .6 | .6 | .5 | .6 | .3 |
| FATS, OILS----- | 3.3 | 11.6 | .3 | 27.1 | .3 | .6 | .2 | 10.5 | * | .1 | * | * |
| BUTTER----- | 1.3 | 2.6 | * | 6.1 | * | .2 | .0 | 4.8 | .0 | .0 | .0 | .0 |
| MARGARINE----- | .6 | 3.0 | * | 7.0 | * | .2 | .0 | 5.5 | .0 | .0 | .0 | .0 |
| OIL, SALAD DRESSING----- | 1.1 | 4.3 | * | 9.8 | .2 | .1 | .2 | .3 | * | .1 | * | * |
| LARD----- | * | .7 | * | 1.7 | * | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| VEGETABLE SHORTENING----- | .3 | 1.1 | * | 2.5 | * | .0 | .0 | * | .0 | .0 | .0 | .0 |
| SUGAR, SWEETS----- | 5.7 | 9.8 | .8 | 1.2 | 22.0 | 2.2 | 2.5 | 1.0 | 1.0 | .9 | .0 | 5.4 |
| SUGAR, SIRUP, JELLY, CANDY----- | 2.6 | 7.5 | .5 | 1.2 | 16.4 | 1.7 | 2.2 | * | .6 | .8 | .5 | .2 |
| OTHER SWEETS-- | | | | | | | | | | | | |
| ADDED VITAMIN C----- | .5 | .5 | * | * | 1.2 | .4 | .2 | .9 | .3 | * | * | 4.9 |
| NO ADDED VITAMIN C----- | 2.6 | 1.9 | .3 | * | 4.4 | .1 | .1 | * | * | * | * | .3 |
| OTHER FOOD----- | 8.3 | 2.1 | .3 | * | 2.7 | 2.9 | 5.8 | .7 | 1.0 | 3.3 | 17.0 | .0 |
| ALCOHOLIC BEVERAGE----- | 4.5 | 1.2 | .2 | .0 | .7 | .3 | * | .0 | * | .8 | 1.4 | .0 |
| SOME NUTRITIVE VALUE----- | 3.1 | .9 | .1 | * | 2.0 | 2.6 | 5.8 | .7 | 1.0 | 2.5 | 15.7 | .0 |
| NO NUTRITIVE VALUE----- | .7 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP

NUTRILAST

ALL ORGANIZATION

| FOOD GROUP * | MONEY VALUE | FOOD ENERGY | PROTEIN | FAT | CARBO- HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO- FLAVIN | NIACIN | ASCORBIC ACID |
|--|----------------|----------------|---------|-------|-------------------|---------|-------|-----------------------|---------|-----------------|--------|------------------|
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) | (13) |
| | | CAL | G | G | G | MG | MG | IU | MG | MG | MG | MG |
| ALL FOOD GROUPS, AVERAGE AMOUNT----- | 2,941 | 99.6 | 137.6 | 327.9 | 1,040 | 18.4 | 7,700 | 1.46 | 2.27 | 24.3 | 111 | |
| PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME | | | | | | | | | | | | |
| MILK, CREAM, CHEESE----- | 12.5 | 13.7 | 20.9 | 16.6 | 8.9 | 62.9 | 1.3 | 12.1 | 10.4 | 38.4 | 2.3 | 4.6 |
| MILK----- | 7.6 | 8.9 | 14.6 | 9.9 | 6.3 | 47.4 | .2 | 7.1 | 8.7 | 31.1 | 1.9 | 4.0 |
| CREAM, ICE CREAM----- | 2.3 | 2.4 | 1.5 | 3.0 | 2.2 | 4.8 | .2 | 2.2 | .9 | 3.1 | .2 | .4 |
| CHEESE----- | 2.3 | 2.2 | 4.6 | 3.5 | .2 | 10.3 | .8 | 2.5 | .4 | 3.8 | .1 | .0 |
| SOUP, MIXTURES----- | .3 | .2 | .2 | .2 | .2 | .5 | .1 | .3 | .3 | .4 | .2 | .3 |
| MEAT, POULTRY, FISH----- | 33.7 | 21.4 | 42.3 | 35.9 | .3 | 3.0 | 30.6 | 13.1 | 21.1 | 22.1 | 36.8 | .5 |
| BEEF----- | 14.4 | 9.0 | 17.9 | 15.3 | .0 | 1.0 | 14.4 | .4 | 3.3 | 6.4 | 13.9 | .0 |
| BACON, SALT PORK----- | 1.2 | 2.0 | .8 | 4.6 | * | .1 | .6 | .0 | 1.0 | .4 | .6 | .0 |
| OTHER PORK----- | 5.4 | 3.6 | 5.9 | 6.6 | * | .3 | 4.8 | .0 | 10.2 | 2.7 | 4.6 | .0 |
| LIVER----- | .3 | .1 | .5 | .1 | * | * | 1.2 | 8.9 | .3 | 3.2 | 1.1 | .5 |
| LUNCHMEAT, FRANKFURTERS----- | 3.3 | 2.9 | 3.9 | 5.3 | .2 | .2 | 3.4 | 1.1 | 3.7 | 3.2 | 3.6 | .0 |
| OTHER MEAT----- | 2.2 | .8 | 2.2 | 1.3 | * | .1 | 1.3 | * | .7 | 1.1 | 2.2 | * |
| POULTRY----- | 3.9 | 2.0 | 7.5 | 2.1 | * | .4 | 3.6 | 2.3 | 1.2 | 4.3 | 7.5 | * |
| FISH, SHELLFISH----- | 2.9 | .9 | 3.7 | .8 | * | .8 | 1.4 | .4 | .8 | .7 | 3.3 | * |
| OTHER PROTEIN FOOD----- | 4.4 | 4.6 | 8.5 | 6.3 | 2.0 | 3.4 | 8.3 | 6.5 | 4.8 | 5.8 | 5.2 | .3 |
| EGGS----- | 2.6 | 2.1 | 4.9 | 3.1 | .1 | 2.0 | 4.7 | 5.8 | 2.4 | 4.7 | .2 | .0 |
| DRY LEGUMES----- | .4 | .8 | 1.3 | .2 | 1.2 | .8 | 2.2 | .2 | 1.2 | .4 | .5 | .2 |
| NUTS, PEANUT BUTTER----- | .7 | 1.4 | 1.7 | 2.6 | .4 | .4 | .8 | * | .8 | .4 | 3.9 | * |
| SOUP, MIXTURES----- | .5 | .3 | .5 | .3 | .2 | .1 | .4 | .4 | .3 | .3 | .4 | .1 |
| ALL VEGETABLES----- | 12.1 | 6.7 | 6.4 | 2.5 | 11.9 | 6.8 | 14.9 | 39.9 | 15.3 | 8.0 | 13.1 | 42.9 |
| POTATOES----- | 2.1 | 3.1 | 1.9 | 1.7 | 4.8 | .8 | 3.1 | * | 4.6 | 1.4 | 5.6 | 8.6 |
| DARK GREEN----- | .7 | .1 | .3 | * | .2 | 1.1 | 1.2 | 7.7 | .9 | .8 | .3 | 6.3 |
| DEEP YELLOW----- | .4 | .2 | .1 | * | .4 | .4 | .5 | 13.6 | .4 | .2 | .3 | .7 |
| TOMATOES----- | 2.8 | .9 | 1.0 | .2 | 1.8 | .9 | 3.2 | 10.2 | 3.3 | 1.4 | 2.9 | 12.9 |
| OTHER----- | 5.7 | 2.3 | 2.9 | .4 | 4.5 | 3.6 | 6.6 | 6.6 | 6.0 | 4.0 | 3.7 | 14.2 |
| SOUP, MIXTURES----- | .4 | .2 | .2 | .1 | .2 | .1 | .3 | 1.7 | .2 | .2 | .2 | .3 |
| ALL FRUIT----- | 7.8 | 4.4 | 1.5 | .3 | 9.8 | 2.8 | 6.1 | 15.2 | 7.8 | 3.2 | 3.9 | 45.4 |
| CITRUS----- | 2.2 | 1.3 | .6 | .1 | 2.9 | 1.3 | 1.2 | 1.8 | 4.5 | .8 | 1.1 | 32.5 |
| OTHER VITAMIN C-RICH----- | .7 | .2 | .1 | * | .4 | .2 | .4 | 6.1 | .4 | .3 | .4 | 5.2 |
| OTHER----- | 4.8 | 2.8 | .8 | .2 | 6.5 | 1.3 | 4.5 | 7.3 | 2.9 | 2.1 | 2.4 | 7.7 |
| MIXTURES----- | * | * | * | * | * | * | * | * | * | * | * | * |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP--CONTINUED

NORTHEAST

ALL ORGANIZATIONS

| FOOD GROUP # | MONEY VALUE | FOOD ENERGY | PROTEIN | FAT | CARBO- HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO- FLAVIN | NIACIN | ASCORBIC ACID |
|--|----------------|----------------|---------|------|-------------------|---------|------|-----------------------|---------|-----------------|--------|------------------|
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) | (13) |
| PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME | | | | | | | | | | | | |
| GRAIN, ENRICHED OR WHOLE GRAIN----- | 6.3 | 15.7 | 13.7 | 3.1 | 27.8 | 10.6 | 25.0 | .2 | 34.2 | 14.7 | 18.0 | .3 |
| FLOUR----- | .3 | 1.7 | 1.4 | .2 | 3.1 | 1.2 | 2.2 | * | 3.3 | 1.5 | 1.7 | .0 |
| CEREAL, PASTES----- | 2.2 | 5.1 | 4.0 | .5 | 9.7 | 2.2 | 10.3 | .1 | 14.7 | 4.6 | 6.9 | .3 |
| BREAD----- | 3.0 | 7.7 | 7.4 | 1.8 | 13.1 | 6.4 | 11.3 | * | 14.5 | 7.6 | 8.4 | .0 |
| OTHER BAKERY PRODUCTS----- | .8 | 1.2 | .9 | .6 | 1.9 | .7 | 1.2 | .1 | 1.7 | 1.0 | .9 | .1 |
| GRAIN, NOT ENRICHED OR WHOLE GRAIN-- | 5.7 | 10.0 | 5.3 | 7.1 | 14.4 | 4.7 | 4.8 | 1.3 | 4.1 | 3.1 | 2.8 | .3 |
| FLOUR----- | .3 | .9 | .3 | .5 | 1.5 | .8 | .3 | * | .1 | .2 | .1 | .0 |
| CEREAL, PASTES----- | .1 | .3 | .2 | .1 | .5 | * | .2 | * | .3 | .1 | .1 | .0 |
| BREAD----- | .6 | 1.0 | 1.0 | .1 | 1.9 | .7 | .9 | * | 1.2 | .4 | .6 | .0 |
| OTHER BAKERY PRODUCTS----- | 3.6 | 6.8 | 3.1 | 5.5 | 9.3 | 2.6 | 2.8 | .8 | 1.9 | 1.9 | 1.4 | * |
| SOUP, MIXTURES----- | 1.1 | 1.0 | .7 | .8 | 1.3 | .4 | .6 | .5 | .5 | .4 | .6 | .3 |
| FATS, OILS----- | 3.2 | 11.3 | .3 | 27.0 | .3 | .6 | .2 | 10.2 | .1 | .1 | * | * |
| BUTTER----- | 1.2 | 2.4 | .1 | 5.9 | * | .2 | .0 | 4.3 | .0 | .0 | .0 | .0 |
| MARGARINE----- | .6 | 3.2 | .1 | 7.7 | * | .3 | .0 | 5.6 | .0 | .0 | .0 | .0 |
| OIL, SALAD DRESSING----- | 1.0 | 4.1 | .1 | 9.8 | .2 | .2 | .2 | .3 | .1 | .1 | * | * |
| LARD----- | .1 | .5 | * | 1.3 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| VEGETABLE SHORTENING----- | .2 | 1.0 | * | 2.4 | .1 | .0 | .0 | * | .0 | .0 | .0 | .0 |
| SUGAR, SWEETS----- | 5.9 | 9.9 | .8 | 1.2 | 21.9 | 2.4 | 2.7 | .7 | .9 | 1.0 | .6 | 5.5 |
| SUGAR, SIRUP, JELLY, CANDY----- | 2.4 | 7.3 | .5 | 1.1 | 15.7 | 1.7 | 2.4 | .1 | .6 | .8 | .5 | .3 |
| OTHER SWEETS-- | | | | | | | | | | | | |
| ADDED VITAMIN C----- | .5 | .6 | * | * | 1.5 | .5 | .2 | .6 | .3 | .1 | .1 | 4.8 |
| NO ADDED VITAMIN C----- | 2.9 | 2.1 | .3 | * | 4.8 | .1 | .1 | * | * | .1 | .1 | .4 |
| OTHER FOOD----- | 8.5 | 2.1 | .3 | .1 | 2.7 | 2.9 | 6.2 | .9 | 1.2 | 3.6 | 17.2 | .0 |
| ALCOHOLIC BEVERAGE----- | 4.8 | 1.3 | .2 | .0 | .7 | .3 | * | .0 | * | .8 | 1.3 | .0 |
| SOME NUTRITIVE VALUE----- | 3.0 | .8 | .1 | .1 | 2.0 | 2.6 | 6.2 | .9 | 1.2 | 2.9 | 15.9 | .0 |
| NO NUTRITIVE VALUE----- | .8 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 6.—MONEY VALUE AND NUTRIENTS
BY FOOD GROUP

NORTHEAST

ALL ORGANIZATIONS

| FOOD GROUP * | MONEY VALUE | FOOD ENERGY | PROTEIN | FAT | CARBO- HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO- FLAVIN | NIACIN | ASCORBIC ACID |
|--|----------------|----------------|---------|-------|-------------------|---------|-------|-----------------------|---------|-----------------|--------|------------------|
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) | (13) |
| | | CAL | G | G | G | MG | MG | IU | MG | MG | MG | MG |
| ALL FOOD GROUPS, AVERAGE AMOUNT----- | 3,091 | 106.3 | 146.0 | 339.9 | 1,133 | 18.8 | 7,830 | 1.55 | 2.44 | 25.5 | 107 | |
| PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME | | | | | | | | | | | | |
| MILK, CREAM, CHEESE----- | 13.7 | 14.5 | 21.8 | 17.2 | 9.6 | 65.3 | 1.3 | 13.1 | 11.4 | 41.1 | 2.5 | 5.6 |
| MILK----- | 9.3 | 10.3 | 16.6 | 11.3 | 7.4 | 52.6 | .2 | 8.5 | 10.0 | 35.0 | 2.1 | 5.0 |
| CREAM, ICE CREAM----- | 2.0 | 2.0 | 1.3 | 2.6 | 1.8 | 3.8 | .2 | 2.0 | .8 | 2.6 | .1 | .3 |
| CHEESE----- | 2.1 | 1.9 | 3.7 | 3.1 | .2 | 8.4 | .7 | 2.4 | .3 | 3.1 | .1 | .0 |
| SOUP, MIXTURES----- | .3 | .2 | .2 | .2 | .2 | .5 | .2 | .3 | .3 | .4 | .2 | .2 |
| MEAT, POULTRY, FISH----- | 35.5 | 21.6 | 42.6 | 35.7 | .3 | 2.9 | 31.5 | 15.5 | 22.3 | 22.2 | 39.0 | .7 |
| BEEF----- | 14.1 | 8.5 | 16.8 | 14.2 | .0 | .9 | 14.1 | .4 | 3.1 | 6.0 | 13.3 | .0 |
| BACON, SALT PORK----- | 1.4 | 2.2 | .8 | 4.8 | * | .1 | .6 | .0 | 1.0 | .4 | .6 | .0 |
| OTHER PORK----- | 6.5 | 4.0 | 6.5 | 7.2 | * | .3 | 5.5 | .0 | 11.6 | 3.0 | 5.2 | .0 |
| LIVER----- | .4 | .1 | .6 | .1 | * | * | 1.3 | 11.4 | .3 | 3.7 | 1.3 | .6 |
| LUNCHMEAT, FRANKFURTERS----- | 3.0 | 2.3 | 3.1 | 4.2 | .1 | .2 | 2.8 | .8 | 3.0 | 2.5 | 2.9 | .0 |
| OTHER MEAT----- | 2.5 | .9 | 2.4 | 1.3 | * | .1 | 1.6 | * | .9 | 1.6 | 2.6 | * |
| POULTRY----- | 5.0 | 2.7 | 9.2 | 3.2 | * | .5 | 4.5 | 2.6 | 1.8 | 4.5 | 9.9 | * |
| FISH, SHELLFISH----- | 2.7 | .9 | 3.3 | .8 | .1 | .7 | 1.1 | .3 | .6 | .6 | 3.2 | * |
| OTHER PROTEIN FOOD----- | 5.0 | 4.8 | 8.6 | 6.7 | 1.9 | 3.3 | 8.5 | 6.7 | 5.0 | 5.9 | 5.5 | .3 |
| EGGS----- | 2.9 | 2.1 | 4.8 | 3.1 | .1 | 1.9 | 4.8 | 5.9 | 2.3 | 4.6 | .2 | .0 |
| DRY LEGUMES----- | .3 | .7 | 1.1 | .2 | 1.0 | .6 | 2.0 | .1 | 1.1 | .4 | .4 | .1 |
| NUTS, PEANUT BUTTER----- | 1.0 | 1.7 | 1.9 | 3.1 | .5 | .5 | 1.1 | * | 1.1 | .5 | 4.2 | * |
| SOUP, MIXTURES----- | .6 | .4 | .6 | .3 | .3 | .2 | .5 | .6 | .4 | .4 | .5 | .1 |
| ALL VEGETABLES----- | 10.3 | 6.0 | 5.7 | 1.9 | 11.0 | 6.1 | 13.9 | 45.5 | 12.9 | 6.7 | 11.6 | 40.9 |
| POTATOES----- | 1.7 | 2.9 | 1.9 | 1.3 | 5.0 | .7 | 3.2 | * | 4.7 | 1.4 | 5.8 | 10.0 |
| DARK GREEN----- | .8 | .1 | .4 | * | .2 | 1.1 | 1.4 | 9.4 | .8 | .9 | .4 | 6.7 |
| DEEP YELLOW----- | .7 | .4 | .3 | * | .9 | .6 | .8 | 21.2 | .7 | .5 | .5 | 1.7 |
| TOMATOES----- | 1.8 | .7 | .7 | .1 | 1.4 | .6 | 2.5 | 7.3 | 2.3 | .9 | 2.1 | 8.8 |
| OTHER----- | 4.8 | 1.6 | 2.1 | .3 | 3.2 | 2.9 | 5.6 | 5.2 | 4.2 | 2.7 | 2.5 | 13.2 |
| SOUP, MIXTURES----- | .5 | .2 | .3 | .1 | .3 | .2 | .3 | 2.3 | .2 | .2 | .3 | .4 |
| ALL FRUIT----- | 6.9 | 4.7 | 1.3 | .3 | 10.8 | 2.7 | 5.5 | 5.3 | 7.9 | 2.6 | 2.8 | 47.8 |
| CITRUS----- | 2.5 | 1.5 | .7 | .1 | 3.4 | 1.6 | 1.4 | 2.2 | 5.1 | 1.0 | 1.3 | 41.3 |
| OTHER VITAMIN C-RICH----- | .1 | * | * | * | .1 | * | .1 | .6 | * | * | .1 | .8 |
| OTHER----- | 4.3 | 3.1 | .6 | .2 | 7.3 | 1.1 | 3.9 | 2.5 | 2.7 | 1.6 | 1.5 | 5.7 |
| MIXTURES----- | * | * | * | * | * | * | * | * | * | * | * | * |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 6.--MONEY VALUE AND NUTRIENTS
TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP--CONTINUED

NORTHEAST
NORTHEAST

ALL ORGANIZATIONS

| FOOD GROUP * | MONEY VALUE | FOOD ENERGY | PROTEIN | FAT | CARBO- HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO- FLAVIN | NIACIN | ASCORBIC ACID |
|--|----------------|----------------|---------|------|-------------------|---------|------|-----------------------|---------|-----------------|--------|------------------|
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) | (13) |
| PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME | | | | | | | | | | | | |
| GRAIN, ENRICHED OR WHOLE GRAIN----- | 6.6 | 16.3 | 14.0 | 3.0 | 29.4 | 10.1 | 26.5 | .1 | 35.1 | 15.0 | 18.3 | .3 |
| FLOUR----- | .5 | 2.7 | 2.2 | .2 | 5.2 | 1.5 | 3.6 | * | 5.2 | 2.4 | 2.8 | .0 |
| CEREAL, PASTES----- | 2.2 | 5.1 | 4.0 | .6 | 9.7 | 2.2 | 10.7 | .1 | 14.6 | 4.6 | 6.6 | .3 |
| BREAD----- | 3.2 | 7.5 | 7.2 | 1.8 | 13.0 | 6.0 | 11.3 | * | 14.1 | 7.3 | 8.3 | .0 |
| OTHER BAKERY PRODUCTS----- | .7 | 1.0 | .7 | .5 | 1.6 | .4 | 1.0 | * | 1.2 | .7 | .7 | * |
| GRAIN, NOT ENRICHED OR WHOLE GRAIN-- | 5.8 | 9.1 | 4.8 | 6.3 | 13.5 | 4.3 | 4.6 | 1.5 | 3.6 | 2.8 | 2.6 | .3 |
| FLOUR----- | .4 | 1.1 | .4 | .6 | 1.8 | .8 | .4 | * | .2 | .3 | .1 | .0 |
| CEREAL, PASTES----- | .1 | .2 | .1 | * | .3 | * | .1 | * | .2 | * | .1 | .0 |
| BREAD----- | .5 | .8 | .8 | .1 | 1.5 | .7 | .9 | * | 1.0 | .4 | .5 | .0 |
| OTHER BAKERY PRODUCTS----- | 3.6 | 6.1 | 2.7 | 4.7 | 8.6 | 2.3 | 2.6 | .7 | 1.6 | 1.7 | 1.2 | * |
| SOUP, MIXTURES----- | 1.2 | 1.0 | .8 | .9 | 1.3 | .5 | .6 | .7 | .5 | .5 | .6 | .2 |
| FATS, OILS----- | 3.4 | 11.6 | .2 | 27.6 | .2 | .6 | .1 | 10.9 | .1 | .1 | * | * |
| BUTTER----- | 1.4 | 2.7 | .1 | 6.4 | * | .2 | .0 | 4.9 | .0 | .0 | .0 | .0 |
| MARGARINE----- | .7 | 3.2 | .1 | 7.6 | * | .2 | .0 | 2.8 | .0 | .0 | .0 | .0 |
| OIL, SALAD DRESSING----- | 1.0 | 3.9 | .1 | 9.1 | .2 | .1 | .1 | .2 | .1 | .1 | * | * |
| LARD----- | .1 | .4 | * | 1.0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| VEGETABLE SHORTENING----- | .3 | 1.5 | * | 3.5 | * | .0 | .0 | * | .0 | .0 | .0 | .0 |
| SUGAR, SWEETS----- | 5.0 | 9.3 | .8 | 1.1 | 20.7 | 2.0 | 2.7 | .9 | 1.0 | .9 | .7 | 4.3 |
| SUGAR, SIRUP, JELLY, CANDY----- | 2.5 | 7.4 | .5 | 1.1 | 16.1 | 1.5 | 2.5 | .1 | .7 | .7 | .6 | .3 |
| OTHER SWEETS-- | .3 | .3 | * | * | .7 | .3 | .1 | .8 | .2 | * | * | 3.7 |
| ADDED VITAMIN C----- | 2.1 | 1.7 | .3 | * | 3.8 | .1 | .1 | * | * | .1 | .1 | .3 |
| NO ADDED VITAMIN C----- | | | | | | | | | | | | |
| OTHER FOOD----- | 7.8 | 2.0 | .3 | .1 | 2.7 | 2.8 | 5.4 | .5 | .7 | 2.8 | 17.0 | .0 |
| ALCOHOLIC BEVERAGE----- | 4.1 | 1.1 | .2 | .0 | .6 | .3 | .1 | .0 | * | .7 | 1.2 | .0 |
| SOME NUTRITIVE VALUE----- | 3.1 | .9 | .1 | .1 | 2.0 | 2.5 | 5.3 | .5 | .7 | 2.1 | 15.8 | .0 |
| NO NUTRITIVE VALUE----- | .6 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |

TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP

NORTHEAST

ALL URBANIZATION

| FOOD GROUP * | MONEY VALUE | FOOD ENERGY | PROTEIN | FAT | CARBO- HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO- FLAVIN | NIACIN | ASCORBI ACID |
|--|----------------|----------------|---------|-------|-------------------|---------|-------|-----------------------|---------|-----------------|--------|-----------------|
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) | (13) |
| | | CAL | G | G | G | MG | MG | IU | MG | MG | MG | MG |
| ALL FOOD GROUPS, AVERAGE AMOUNT----- | 3,130 | 107.9 | 147.4 | 344.4 | 1,160 | 19.2 | 7,460 | 1.57 | 2.46 | 25.4 | 114 | |
| PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME | | | | | | | | | | | | |
| MILK, CREAM, CHEESE----- | 13.4 | 14.6 | 22.1 | 17.5 | 9.6 | 65.7 | 1.3 | 14.1 | 11.5 | 41.7 | 2.6 | 5.5 |
| MILK----- | 9.0 | 10.3 | 16.6 | 11.3 | 7.4 | 52.2 | .2 | 9.0 | 10.0 | 35.3 | 2.2 | 4.8 |
| CREAM, ICE CREAM----- | 1.9 | 2.0 | 1.2 | 2.5 | 1.7 | 3.7 | .2 | 2.1 | .8 | 2.5 | .1 | .3 |
| CHEESE----- | 2.3 | 2.1 | 4.0 | 3.4 | .2 | 9.1 | .8 | 2.7 | .4 | 3.3 | .1 | .0 |
| SOUP, MIXTURES----- | .3 | .3 | .2 | .2 | .3 | .7 | .2 | .3 | .4 | .5 | .2 | .3 |
| MEAT, POULTRY, FISH----- | 36.4 | 21.6 | 41.3 | 36.2 | .3 | 2.8 | 30.9 | 16.1 | 21.0 | 21.9 | 37.9 | .6 |
| BEEF----- | 15.7 | 9.3 | 17.8 | 15.8 | * | 1.0 | 14.9 | .4 | 3.3 | 6.4 | 14.4 | .0 |
| BACON, SALT PORK----- | 1.4 | 2.1 | .7 | 4.6 | * | .1 | .6 | .0 | 1.0 | .4 | .6 | .0 |
| OTHER PORK----- | 6.0 | 3.7 | 5.8 | 6.7 | * | .3 | 4.9 | .0 | 10.4 | 2.7 | 4.7 | .0 |
| LIVER----- | .4 | .2 | .7 | .1 | * | * | 1.5 | 12.1 | .3 | 4.0 | 1.5 | .6 |
| LUNCHMEAT, FRANKFURTERS----- | 3.3 | 2.5 | 3.4 | 4.6 | .1 | .2 | 3.1 | 1.1 | 3.3 | 2.9 | 3.3 | .0 |
| OTHER MEAT----- | 2.6 | .9 | 2.4 | 1.4 | * | .2 | 1.5 | * | .8 | 1.2 | 2.6 | * |
| POULTRY----- | 4.1 | 2.0 | 7.1 | 2.2 | * | .4 | 3.5 | 2.1 | 1.2 | 3.7 | 7.5 | * |
| FISH, SHELLFISH----- | 2.8 | .9 | 3.4 | .8 | * | .7 | 1.0 | .3 | .6 | .6 | 3.3 | * |
| OTHER PROTEIN FOOD----- | 5.0 | 4.9 | 8.9 | 6.6 | 2.2 | 3.4 | 8.9 | 7.0 | 5.2 | 5.9 | 6.0 | .3 |
| EGGS----- | 2.9 | 2.1 | 4.7 | 3.1 | .1 | 1.8 | 4.7 | 6.3 | 2.3 | 4.6 | .2 | .0 |
| DRY LEGUMES----- | .4 | .8 | 1.4 | .2 | 1.3 | .8 | 2.6 | .1 | 1.4 | .5 | .6 | .1 |
| NUTS, PEANUT BUTTER----- | .8 | 1.6 | 1.9 | 3.0 | .5 | .5 | 1.0 | * | 1.1 | .5 | 4.5 | * |
| SOUP, MIXTURES----- | .5 | .3 | .5 | .3 | .2 | .1 | .4 | .5 | .3 | .3 | .4 | .1 |
| ALL VEGETABLES----- | 10.1 | 6.0 | 5.6 | 1.9 | 10.9 | 5.7 | 13.8 | 43.3 | 12.9 | 6.4 | 12.1 | 37.3 |
| POTATOES----- | 1.7 | 3.0 | 2.0 | 1.3 | 5.2 | .7 | 3.4 | * | 5.0 | 1.5 | 6.2 | 10.1 |
| DARK GREEN----- | .7 | .1 | .3 | * | .2 | 1.0 | 1.1 | 8.5 | .6 | .7 | .3 | 5.3 |
| DEEP YELLOW----- | .5 | .3 | .2 | * | .6 | .4 | .6 | 17.2 | .5 | .3 | .3 | 1.0 |
| TOMATOES----- | 1.9 | .8 | .8 | .2 | 1.6 | .6 | 3.0 | 9.2 | 2.6 | 1.1 | 2.5 | 9.6 |
| OTHER----- | 4.8 | 1.6 | 2.0 | .3 | 3.1 | 2.8 | 5.3 | 5.9 | 3.9 | 2.6 | 2.4 | 10.9 |
| SOUP, MIXTURES----- | .5 | .2 | .3 | .1 | .3 | .2 | .4 | 2.6 | .2 | .2 | .3 | .4 |
| ALL FRUIT----- | 6.8 | 4.6 | 1.4 | .3 | 10.6 | 3.0 | 5.5 | 5.4 | 8.4 | 2.7 | 3.0 | 51.5 |
| CITRUS----- | 3.0 | 1.8 | .8 | .1 | 4.0 | 2.1 | 1.8 | 2.8 | 6.1 | 1.2 | 1.5 | 46.4 |
| OTHER VITAMIN C-RICH----- | .1 | * | * | * | .1 | * | * | * | * | * | * | .4 |
| OTHER----- | 3.7 | 2.8 | .6 | .2 | 6.5 | .9 | 3.6 | 2.5 | 2.4 | 1.4 | 1.5 | 4.6 |
| MIXTURES----- | * | * | * | * | * | * | * | * | * | * | * | * |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP--CONTINUED

NORTHEAST

ALL URBANIZATIONS

| FOOD GROUP * | MONEY VALUE | FOOD ENERGY | PROTEIN | FAT | CARBO- HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO- FLAVIN | NIACIN | ASCORBIC ACID |
|--|----------------|----------------|---------|------|-------------------|---------|------|-----------------------|---------|-----------------|--------|------------------|
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) | (13) |
| PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME | | | | | | | | | | | | |
| GRAIN, ENRICHED OR WHOLE GRAIN----- | 6.4 | 16.6 | 14.2 | 3.1 | 29.8 | 9.9 | 26.9 | .1 | 35.2 | 14.8 | 18.3 | .3 |
| FLOUR----- | .4 | 2.3 | 1.9 | .2 | 4.4 | 1.3 | 3.0 | * | 4.5 | 2.1 | 2.4 | .0 |
| CEREAL, PASTES----- | 2.4 | 5.8 | 4.6 | .7 | 11.1 | 2.3 | 11.8 | .1 | 15.5 | 4.8 | 7.0 | .3 |
| BREAD----- | 3.1 | 7.6 | 7.1 | 1.8 | 13.0 | 6.0 | 11.2 | * | 14.1 | 7.4 | 8.4 | .0 |
| OTHER BAKERY PRODUCTS----- | .6 | .9 | .6 | .5 | 1.3 | .4 | .8 | * | 1.1 | .6 | .6 | * |
| GRAIN, NOT ENRICHED OR WHOLE GRAIN-- | 6.0 | 9.5 | 5.2 | 6.5 | 14.1 | 4.4 | 4.8 | 1.5 | 4.1 | 3.0 | 3.0 | .3 |
| FLOUR----- | .4 | 1.1 | .4 | .7 | 1.9 | .9 | .4 | * | .2 | .3 | .1 | .0 |
| CEREAL, PASTES----- | .1 | .2 | .1 | .1 | .3 | * | .2 | * | .3 | .1 | .1 | .0 |
| BREAD----- | .7 | 1.1 | 1.1 | .2 | 2.1 | .8 | 1.0 | * | 1.2 | .5 | .7 | .0 |
| OTHER BAKERY PRODUCTS----- | 3.6 | 6.0 | 2.7 | 4.7 | 8.4 | 2.2 | 2.6 | .8 | 1.7 | 1.7 | 1.3 | * |
| SOUP, MIXTURES----- | 1.3 | 1.0 | .8 | .8 | 1.3 | .5 | .7 | .7 | .6 | .5 | .7 | .3 |
| FATS, OILS----- | 3.1 | 11.2 | .2 | 26.6 | .3 | .5 | .1 | 11.1 | .1 | .1 | * | * |
| BUTTER----- | 1.2 | 2.3 | .1 | 5.5 | * | .2 | .0 | 4.5 | .0 | .0 | .0 | .0 |
| MARGARINE----- | .7 | 3.3 | .1 | 8.0 | * | .3 | .0 | 6.4 | .0 | .0 | .0 | .0 |
| OIL, SALAD DRESSING----- | .9 | 3.5 | .1 | 8.2 | .2 | .1 | .1 | .2 | .1 | .1 | * | * |
| LARD----- | .1 | .7 | * | 1.6 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| VEGETABLE SHORTENING----- | .3 | 1.4 | * | 3.2 | .1 | .0 | .0 | * | .0 | .0 | .0 | .0 |
| SUGAR, SWEETS----- | 4.9 | 8.9 | .8 | 1.2 | 19.7 | 1.9 | 2.6 | .9 | 1.0 | .9 | .6 | 4.2 |
| SUGAR, SIRUP, JELLY, CANDY----- | 2.4 | 6.8 | .5 | 1.1 | 14.8 | 1.5 | 2.3 | .1 | .7 | .8 | .5 | .2 |
| OTHER SWEETS-- | | | | | | | | | | | | |
| ADDED VITAMIN C----- | .3 | .3 | * | * | .7 | .3 | .1 | .8 | .2 | * | * | 3.8 |
| NO ADDED VITAMIN C----- | 2.2 | 1.8 | .3 | .1 | 4.2 | .1 | .2 | * | * | .1 | .1 | .2 |
| OTHER FOOD----- | 7.8 | 1.9 | .3 | .1 | 2.6 | 2.7 | 5.2 | .5 | .7 | 2.6 | 16.4 | .0 |
| ALCOHOLIC BEVERAGE----- | 4.1 | 1.1 | .1 | .0 | .6 | .2 | .1 | .0 | * | .6 | 1.1 | .0 |
| SOME NUTRITIVE VALUE----- | 3.1 | .9 | .1 | .1 | 2.0 | 2.5 | 5.1 | .5 | .6 | 2.0 | 15.3 | .0 |
| NO NUTRITIVE VALUE----- | .6 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP

NORTHEAST

URBAN

| FOOD GROUP # | MONEY VALUE | FOOD ENERGY | PROTEIN | FAT | CARBO- HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO- FLAVIN | NIACIN | ASCORBIC ACID |
|--|----------------|----------------|---------|-------|-------------------|---------|-------|-----------------------|---------|-----------------|--------|------------------|
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) | (13) |
| | | CAL | G | G | G | MG | MG | IU | MG | MG | MG | MG |
| ALL FOOD GROUPS, AVERAGE AMOUNT----- | 3,013 | 104.8 | 142.9 | 327.2 | 1,094 | 18.8 | 7,890 | 1.52 | 2.39 | 25.0 | 114 | |
| PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME | | | | | | | | | | | | |
| MILK, CREAM, CHEESE----- | 12.9 | 14.3 | 21.2 | 17.0 | 9.5 | 64.5 | 1.3 | 12.6 | 11.0 | 39.6 | 2.5 | 5.0 |
| MILK----- | 8.3 | 9.8 | 15.5 | 10.6 | 7.1 | 50.3 | .1 | 7.8 | 9.4 | 33.0 | 2.0 | 4.4 |
| CREAM, ICE CREAM----- | 2.0 | 2.1 | 1.3 | 2.7 | 1.9 | 4.1 | .2 | 2.0 | .8 | 2.7 | .1 | .3 |
| CHEESE----- | 2.3 | 2.1 | 4.2 | 3.4 | .2 | 9.5 | .8 | 2.5 | .4 | 3.5 | .1 | .0 |
| SOUP, MIXTURES----- | .3 | .3 | .2 | .2 | .3 | .6 | .2 | .3 | .4 | .5 | .2 | .3 |
| MEAT, POULTRY, FISH----- | 35.7 | 22.5 | 43.5 | 37.2 | .3 | 3.1 | 32.0 | 16.5 | 22.4 | 23.3 | 39.5 | .7 |
| BEEF----- | 14.9 | 9.3 | 17.5 | 15.5 | * | 1.0 | 14.5 | .4 | 3.3 | 6.3 | 14.0 | * |
| BACON, SALT PORK----- | 1.2 | 2.1 | .8 | 4.7 | * | .1 | .6 | .0 | 1.0 | .4 | .6 | .0 |
| OTHER PORK----- | 6.1 | 4.1 | 6.4 | 7.3 | * | .4 | 5.4 | .0 | 11.5 | 3.0 | 5.1 | .0 |
| LIVER----- | .4 | .2 | .7 | .1 | .1 | * | 1.4 | 12.2 | .3 | 4.1 | 1.5 | .6 |
| LUNCHMEAT, FRANKFURTERS----- | 3.1 | 2.5 | 3.4 | 4.6 | .1 | .2 | 3.0 | 1.1 | 3.2 | 2.9 | 3.2 | .0 |
| OTHER MEAT----- | 2.7 | 1.1 | 2.6 | 1.6 | * | .2 | 1.7 | * | .9 | 1.5 | 2.8 | * |
| POULTRY----- | 4.4 | 2.3 | 8.4 | 2.6 | * | .5 | 4.1 | 2.5 | 1.5 | 4.5 | 8.8 | * |
| FISH, SHELLFISH----- | 2.9 | .9 | 3.8 | .9 | * | .7 | 1.2 | .3 | .7 | .7 | 3.5 | * |
| OTHER PROTEIN FOOD----- | 4.6 | 4.7 | 8.5 | 6.3 | 2.0 | 3.3 | 8.5 | 6.5 | 5.0 | 5.9 | 5.1 | .3 |
| EGGS----- | 2.8 | 2.1 | 4.8 | 3.1 | .1 | 1.9 | 4.8 | 5.8 | 2.4 | 4.6 | .2 | .0 |
| DRY LEGUMES----- | .4 | .8 | 1.3 | .2 | 1.2 | .8 | 2.3 | .1 | 1.3 | .4 | .5 | .1 |
| NUTS, PEANUT BUTTER----- | .7 | 1.4 | 1.6 | 2.6 | .4 | .4 | .9 | * | .9 | .4 | 3.8 | * |
| SOUP, MIXTURES----- | .5 | .3 | .5 | .3 | .2 | .1 | .4 | .5 | .4 | .3 | .4 | .1 |
| ALL VEGETABLES----- | 10.7 | 6.0 | 5.6 | 2.0 | 10.9 | 6.4 | 14.0 | 43.4 | 13.3 | 6.9 | 11.6 | 38.6 |
| POTATOES----- | 1.8 | 2.8 | 1.7 | 1.4 | 4.7 | .7 | 3.0 | * | 4.3 | 1.3 | 5.3 | 8.4 |
| DARK GREEN----- | .8 | .2 | .4 | * | .3 | 1.4 | 1.5 | 10.1 | .9 | 1.0 | .4 | 6.9 |
| DEEP YELLOW----- | .5 | .3 | .2 | * | .7 | .4 | .6 | 16.8 | .5 | .3 | .4 | 1.1 |
| TOMATOES----- | 2.1 | .8 | .8 | .2 | 1.5 | .7 | 2.9 | 8.4 | 2.7 | 1.1 | 2.5 | 9.9 |
| OTHER----- | 5.0 | 1.7 | 2.2 | .3 | 3.4 | 3.1 | 5.7 | 5.7 | 4.6 | 3.0 | 2.7 | 11.9 |
| SOUP, MIXTURES----- | .5 | .2 | .3 | .1 | .3 | .2 | .3 | 2.3 | .2 | .2 | .3 | .4 |
| ALL FRUIT----- | 7.3 | 4.6 | 1.4 | .3 | 10.7 | 3.0 | 5.9 | 8.3 | 8.5 | 2.9 | 3.3 | 50.3 |
| CITRUS----- | 2.8 | 1.7 | .8 | .1 | 3.8 | 1.8 | 1.6 | 2.4 | 5.7 | 1.1 | 1.4 | 42.2 |
| OTHER VITAMIN C-RICH----- | .3 | .1 | * | * | .2 | .1 | .2 | 2.1 | .2 | .1 | .2 | 2.3 |
| OTHER----- | 4.2 | 2.8 | .6 | .2 | 6.7 | 1.1 | 4.0 | 3.8 | 2.6 | 1.7 | 1.7 | 5.9 |
| MIXTURES----- | * | * | * | * | * | * | * | * | * | * | * | * |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP--CONTINUED

NORTHEAST

URBAN

| FOOD GROUP # | MONEY VALUE | FOOD ENERGY | PROTEIN | FAT | CARBO- HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO- FLAVIN | NIACIN | ASCORBIC ACID |
|--|----------------|----------------|---------|------|-------------------|---------|------|-----------------------|---------|-----------------|--------|------------------|
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) | (13) |
| PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME | | | | | | | | | | | | |
| GRAIN, ENRICHED OR WHOLE GRAIN----- | 6.1 | 15.7 | 13.2 | 2.9 | 28.7 | 9.9 | 25.3 | .2 | 33.9 | 14.2 | 17.6 | .3 |
| FLOUR----- | .3 | 1.7 | 1.4 | .2 | 3.3 | 1.3 | 2.2 | * | 3.3 | 1.5 | 1.7 | .0 |
| CEREAL, PASTES----- | 2.3 | 5.6 | 4.3 | .6 | 10.9 | 2.3 | 11.4 | .1 | 15.5 | 4.9 | 7.1 | .3 |
| BREAD----- | 2.9 | 7.4 | 6.9 | 1.7 | 12.8 | 5.8 | 10.7 | * | 13.7 | 7.1 | 8.0 | .0 |
| OTHER BAKERY PRODUCTS----- | .7 | 1.0 | .7 | .5 | 1.6 | .5 | 1.0 | * | 1.3 | .7 | .7 | * |
| GRAIN, NOT ENRICHED OR WHOLE GRAIN-- | 6.0 | 9.9 | 5.2 | 6.7 | 14.7 | 4.7 | 4.8 | 1.4 | 4.0 | 3.0 | 2.9 | .3 |
| FLOUR----- | .3 | 1.0 | .3 | .6 | 1.6 | .8 | .3 | * | .2 | .2 | .1 | * |
| CEREAL, PASTES----- | .1 | .2 | .1 | .1 | .4 | * | .1 | * | .2 | * | .1 | .0 |
| BREAD----- | .6 | 1.1 | 1.1 | .2 | 2.1 | .8 | 1.0 | * | 1.3 | .5 | .7 | .0 |
| OTHER BAKERY PRODUCTS----- | 3.7 | 6.5 | 2.9 | 5.1 | 9.1 | 2.5 | 2.7 | .8 | 1.8 | 1.8 | 1.3 | * |
| SOUP, MIXTURES----- | 1.3 | 1.1 | .8 | .9 | 1.4 | .5 | .6 | .6 | .6 | .5 | .6 | .3 |
| FATS, OILS----- | 3.1 | 11.2 | .2 | 26.3 | .3 | .5 | .2 | 9.6 | .1 | .1 | * | * |
| BUTTER----- | 1.3 | 2.5 | .1 | 6.0 | * | .2 | .0 | 4.4 | .0 | .0 | .0 | .0 |
| MARGARINE----- | .6 | 2.8 | .1 | 6.6 | * | .2 | .0 | 4.9 | .0 | .0 | .0 | .0 |
| OIL, SALAD DRESSING----- | 1.0 | 4.3 | .1 | 10.0 | .2 | .1 | .2 | .2 | .1 | .1 | * | * |
| LARD----- | .1 | .6 | * | 1.5 | * | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| VEGETABLE SHORTENING----- | .2 | .9 | * | 2.2 | .1 | .0 | .0 | * | .0 | .0 | .0 | .0 |
| SUGAR, SWEETS----- | 5.1 | 9.0 | .8 | 1.1 | 20.3 | 1.9 | 2.3 | .8 | .9 | .8 | .6 | 4.5 |
| SUGAR, SIRUP, JELLY, CANDY----- | 2.2 | 6.6 | .5 | 1.1 | 14.6 | 1.4 | 2.1 | .1 | .6 | .7 | .5 | .2 |
| OTHER SWEETS-- | | | | | | | | | | | | |
| ADDED VITAMIN C----- | .4 | .4 | * | * | 1.0 | .3 | .1 | .7 | .3 | * | .1 | 3.9 |
| NO ADDED VITAMIN C----- | 2.5 | 2.0 | .3 | .1 | 4.6 | .1 | .1 | * | * | .1 | .1 | .3 |
| OTHER FOOD----- | 8.4 | 2.1 | .3 | .1 | 2.7 | 2.8 | 5.8 | .7 | 1.0 | 3.2 | 16.9 | .0 |
| ALCOHOLIC BEVERAGE----- | 4.7 | 1.3 | .2 | .0 | .7 | .3 | .1 | .0 | * | .8 | 1.4 | .0 |
| SOME NUTRITIVE VALUE----- | 3.0 | .8 | .1 | .1 | 2.0 | 2.5 | 5.8 | .7 | 1.0 | 2.5 | 15.6 | .0 |
| NO NUTRITIVE VALUE----- | .7 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP

NORTHEAST

URBA

| FOOD GROUP * | MONEY VALUE | FOOD ENERGY | PROTEIN | FAT | CARBO- HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO- FLAVIN | NIACIN | ASCORBI ACID |
|--|----------------|----------------|---------|-------|-------------------|---------|------|-----------------------|---------|-----------------|--------|-----------------|
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) | (13) |
| | | CAL | G | G | G | MG | MG | IU | MG | MG | MG | MG |
| ALL FOOD GROUPS, AVERAGE AMOUNT----- | | 3,118 | 107.1 | 150.0 | 334.4 | 1,095 | 19.2 | 8,340 | 1.55 | 2.44 | 25.4 | 117 |
| PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME | | | | | | | | | | | | |
| MILK, CREAM, CHEESE----- | 12.5 | 13.7 | 20.6 | 16.0 | 9.2 | 63.5 | 1.3 | 11.8 | 10.6 | 38.2 | 2.4 | 4.8 |
| MILK----- | 7.8 | 9.1 | 14.8 | 9.7 | 6.8 | 49.0 | .2 | 7.0 | 9.0 | 31.4 | 1.9 | 4.1 |
| CREAM, ICE CREAM----- | 2.1 | 2.1 | 1.3 | 2.7 | 1.9 | 4.2 | .2 | 2.0 | .8 | 2.7 | .1 | .3 |
| CHEESE----- | 2.3 | 2.2 | 4.3 | 3.4 | .3 | 9.7 | .8 | 2.5 | .4 | 3.6 | .1 | .0 |
| SOUP, MIXTURES----- | .3 | .3 | .2 | .2 | .3 | .6 | .2 | .3 | .4 | .5 | .2 | .3 |
| MEAT, POULTRY, FISH----- | 34.4 | 23.0 | 44.0 | 37.8 | .3 | 3.1 | 32.7 | 19.3 | 24.0 | 24.7 | 40.2 | .8 |
| BEEF----- | 14.1 | 9.1 | 17.1 | 15.2 | * | 1.0 | 14.2 | .4 | 3.2 | 6.1 | 13.6 | * |
| BACON, SALT PORK----- | 1.2 | 2.4 | .9 | 5.1 | * | .1 | .7 | .0 | 1.1 | .5 | .6 | .0 |
| OTHER PORK----- | 6.3 | 4.5 | 7.2 | 7.9 | * | .4 | 6.0 | .0 | 12.8 | 3.3 | 5.8 | .0 |
| LIVER----- | .4 | .2 | .8 | .1 | * | * | 1.8 | 15.0 | .4 | 5.1 | 1.9 | .7 |
| LUNCHMEAT, FRANKFURTERS----- | 3.2 | 2.7 | 3.7 | 4.9 | .1 | .2 | 3.3 | 1.3 | 3.6 | 3.2 | 3.6 | .0 |
| OTHER MEAT----- | 2.4 | 1.0 | 2.6 | 1.4 | * | .2 | 1.7 | * | .9 | 1.5 | 2.7 | * |
| POULTRY----- | 4.0 | 2.2 | 7.9 | 2.3 | * | .5 | 3.9 | 2.3 | 1.3 | 4.4 | 8.3 | * |
| FISH, SHELLFISH----- | 2.9 | 1.0 | 3.9 | .9 | * | .7 | 1.1 | .3 | .7 | .7 | 3.7 | * |
| OTHER PROTEIN FOOD----- | 4.6 | 4.7 | 8.7 | 6.1 | 2.0 | 3.5 | 8.6 | 6.6 | 5.1 | 6.1 | 4.9 | .3 |
| EGGS----- | 2.7 | 2.2 | 5.1 | 3.2 | .1 | 2.1 | 5.0 | 5.9 | 2.5 | 4.9 | .2 | .0 |
| DRY LEGUMES----- | .4 | .8 | 1.3 | .2 | 1.2 | .8 | 2.2 | .1 | 1.2 | .4 | .5 | .1 |
| NUTS, PEANUT BUTTER----- | .7 | 1.3 | 1.5 | 2.3 | .4 | .4 | .8 | * | .9 | .4 | 3.6 | * |
| SOUP, MIXTURES----- | .6 | .3 | .6 | .3 | .2 | .1 | .4 | .4 | .4 | .3 | .4 | * |
| ALL VEGETABLES----- | 11.2 | 5.9 | 5.5 | 2.1 | 10.6 | 6.6 | 13.9 | 42.7 | 13.0 | 6.8 | 11.5 | 37.3 |
| POTATOES----- | 2.0 | 2.8 | 1.8 | 1.5 | 4.7 | .7 | 3.0 | * | 4.4 | 1.3 | 5.4 | 8.4 |
| DARK GREEN----- | .8 | .2 | .4 | * | .3 | 1.4 | 1.5 | 10.1 | .9 | 1.0 | .4 | 6.7 |
| DEEP YELLOW----- | .5 | .3 | .2 | * | .6 | .5 | .6 | 17.1 | .5 | .3 | .3 | .9 |
| TOMATOES----- | 2.0 | .7 | .7 | .1 | 1.5 | .6 | 2.7 | 7.7 | 2.5 | 1.1 | 2.3 | 9.1 |
| OTHER----- | 5.3 | 1.6 | 2.1 | .3 | 3.3 | 3.1 | 5.7 | 5.7 | 4.5 | 3.0 | 2.7 | 11.8 |
| SOUP, MIXTURES----- | .5 | .2 | .3 | .1 | .3 | .2 | .3 | 2.1 | .2 | .2 | .3 | .4 |
| ALL FRUIT----- | 7.5 | 4.3 | 1.4 | .3 | 10.2 | 2.9 | 5.7 | 7.0 | 8.1 | 2.8 | 3.2 | 51.0 |
| CITRUS----- | 3.0 | 1.7 | .8 | .1 | 3.8 | 1.8 | 1.7 | 2.2 | 5.6 | 1.1 | 1.4 | 41.9 |
| OTHER VITAMIN C-RICH----- | .6 | .1 | * | * | .3 | .1 | .3 | 1.7 | .2 | .2 | .2 | 3.5 |
| OTHER----- | 4.0 | 2.5 | .6 | .2 | 6.0 | 1.0 | 3.7 | 3.1 | 2.3 | 1.5 | 1.5 | 5.6 |
| MIXTURES----- | * | * | * | * | * | * | * | * | * | * | * | * |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 6.—MONEY VALUE AND NUTRIENTS
BY FOOD GROUP—CONTINUED

NORTHEAST

URBAN

| FOOD GROUP † | MONEY VALUE | FOOD ENERGY | PROTEIN | FAT | CARBO- HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO- FLAVIN | NIACIN | ASCORBIC ACID |
|--|----------------|----------------|---------|------|-------------------|---------|------|-----------------------|---------|-----------------|--------|------------------|
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) | (13) |
| PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME | | | | | | | | | | | | |
| GRAIN, ENRICHED OR WHOLE GRAIN----- | 5.9 | 14.9 | 12.7 | 2.7 | 27.5 | 9.8 | 24.3 | .1 | 32.9 | 13.7 | 17.2 | .4 |
| FLOUR----- | .3 | 1.4 | 1.1 | .1 | 2.8 | 1.1 | 1.8 | * | 2.7 | 1.3 | 1.4 | .0 |
| CEREAL, PASTES----- | 2.2 | 5.4 | 4.1 | .5 | 10.7 | 2.3 | 11.1 | * | 15.4 | 4.9 | 7.2 | .4 |
| BREAD----- | 2.7 | 7.0 | 6.6 | 1.6 | 12.3 | 5.7 | 10.2 | * | 13.2 | 6.8 | 7.7 | .0 |
| OTHER BAKERY PRODUCTS----- | .7 | 1.1 | .8 | .5 | 1.7 | .6 | 1.1 | * | 1.5 | .8 | .8 | * |
| GRAIN, NOT ENRICHED OR WHOLE GRAIN-- | 6.4 | 10.4 | 5.7 | 6.9 | 15.7 | 5.2 | 5.1 | 1.4 | 4.2 | 3.3 | 3.1 | .4 |
| FLOUR----- | .3 | .9 | .3 | .5 | 1.6 | .9 | .3 | * | .2 | .2 | .1 | * |
| CEREAL, PASTES----- | .1 | .4 | .2 | * | .7 | * | .2 | * | .3 | * | .2 | .0 |
| BREAD----- | .6 | 1.2 | 1.2 | .2 | 2.2 | .9 | 1.0 | * | 1.3 | .5 | .7 | .0 |
| OTHER BAKERY PRODUCTS----- | 3.9 | 6.9 | 3.1 | 5.3 | 9.8 | 2.8 | 2.9 | .8 | 1.9 | 1.9 | 1.5 | * |
| SOUP, MIXTURES----- | 1.3 | 1.1 | .8 | .9 | 1.4 | .6 | .7 | .6 | .6 | .5 | .6 | .3 |
| FATS, OILS----- | 3.2 | 11.5 | .2 | 26.7 | .3 | .6 | .2 | 9.4 | * | .1 | * | * |
| BUTTER----- | 1.3 | 2.6 | * | 6.2 | * | .2 | .0 | 4.5 | .0 | .0 | .0 | .0 |
| MARGARINE----- | .6 | 2.7 | * | 6.3 | * | .2 | .0 | 4.6 | .0 | .0 | .0 | .0 |
| OIL, SALAD DRESSING----- | 1.1 | 4.6 | * | 10.6 | .2 | .1 | .2 | .2 | * | .1 | * | * |
| LARD----- | * | .8 | * | 1.8 | * | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| VEGETABLE SHORTENING----- | .2 | .8 | * | 1.8 | * | .0 | .0 | * | .0 | .0 | .0 | .0 |
| SUGAR, SWEETS----- | 5.5 | 9.4 | .8 | 1.2 | 21.4 | 2.0 | 2.3 | .9 | .9 | .9 | .5 | 4.9 |
| SUGAR, SIRUP, JELLY, CANDY----- | 2.4 | 6.9 | .5 | 1.1 | 15.4 | 1.5 | 1.9 | * | .5 | .7 | .4 | .2 |
| OTHER SWEETS-- | | | | | | | | | | | | |
| ADDED VITAMIN C----- | .5 | .5 | * | * | 1.2 | .4 | .2 | .8 | .3 | * | * | 4.5 |
| NO ADDED VITAMIN C----- | 2.6 | 2.0 | .3 | * | 4.8 | .1 | .2 | * | * | * | * | .3 |
| OTHER FOOD----- | 8.7 | 2.2 | .3 | * | 2.8 | 2.9 | 6.0 | .8 | 1.2 | 3.5 | 17.0 | .0 |
| ALCOHOLIC BEVERAGE----- | 4.9 | 1.4 | .2 | .0 | .8 | .3 | * | .0 | * | .8 | 1.5 | .0 |
| SOME NUTRITIVE VALUE----- | 3.0 | .8 | .1 | * | 2.0 | 2.6 | 6.0 | .8 | 1.2 | 2.7 | 15.5 | .0 |
| NO NUTRITIVE VALUE----- | .8 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |

† SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 6.—MONEY VALUE AND NUTRIENTS
BY FOOD GROUP

NORTHEAST

URBAN

| FOOD GROUP * | MONEY VALUE | FOOD ENERGY | PROTEIN | FAT | CARBO- HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO- FLAVIN | NIACIN | ASCORBIC ACID |
|--|----------------|----------------|---------|-------|-------------------|---------|------|-----------------------|---------|-----------------|--------|------------------|
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) | (13) |
| | | CAL | G | G | G | MG | MG | IU | MG | MG | MG | MG |
| ALL FOOD GROUPS, AVERAGE AMOUNT----- | | 2,882 | 100.2 | 135.1 | 317.1 | 1,038 | 18.5 | 7,840 | 1.45 | 2.28 | 24.2 | 110 |
| PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME | | | | | | | | | | | | |
| MILK, CREAM, CHEESE----- | 12.6 | 14.1 | 20.9 | 17.1 | 9.2 | 63.4 | 1.3 | 12.1 | 10.6 | 38.4 | 2.3 | 4.8 |
| MILK----- | 7.6 | 9.1 | 14.5 | 10.1 | 6.5 | 47.4 | .1 | 7.0 | 8.8 | 31.0 | 1.9 | 4.0 |
| CREAM, ICE CREAM----- | 2.3 | 2.4 | 1.5 | 3.0 | 2.2 | 4.7 | .2 | 2.2 | .9 | 3.1 | .2 | .4 |
| CHEESE----- | 2.4 | 2.3 | 4.7 | 3.6 | .2 | 10.7 | .9 | 2.6 | .4 | 3.8 | .1 | .0 |
| SOUP, MIXTURES----- | .3 | .3 | .2 | .3 | .3 | .7 | .1 | .3 | .4 | .5 | .2 | .3 |
| MEAT, POULTRY, FISH----- | 35.1 | 22.5 | 43.8 | 37.6 | .3 | 3.2 | 31.4 | 13.5 | 21.3 | 22.7 | 38.6 | .6 |
| BEEF----- | 15.2 | 9.6 | 18.3 | 16.3 | .0 | 1.0 | 14.7 | .4 | 3.4 | 6.6 | 14.4 | .0 |
| BACON, SALT PORK----- | 1.1 | 2.0 | .7 | 4.4 | * | .1 | .5 | .0 | .9 | .4 | .5 | .0 |
| OTHER PORK----- | 5.4 | 3.9 | 5.9 | 7.0 | * | .3 | 4.8 | .0 | 10.3 | 2.7 | 4.6 | .0 |
| LIVER----- | .4 | .1 | .6 | .1 | * | * | 1.2 | 9.2 | .3 | 3.4 | 1.2 | .5 |
| LUNCHMEAT, FRANKFURTERS----- | 3.0 | 2.6 | 3.5 | 4.9 | .1 | .2 | 3.0 | .9 | 3.4 | 2.9 | 3.3 | .0 |
| OTHER MEAT----- | 2.7 | 1.0 | 2.5 | 1.6 | * | .1 | 1.6 | * | .8 | 1.3 | 2.6 | * |
| POULTRY----- | 4.2 | 2.3 | 8.3 | 2.5 | * | .5 | 4.1 | 2.5 | 1.3 | 4.7 | 8.5 | * |
| FISH, SHELLFISH----- | 3.2 | 1.0 | 4.0 | .8 | * | .9 | 1.5 | .4 | .8 | .7 | 3.5 | * |
| OTHER PROTEIN FOOD----- | 4.2 | 4.4 | 8.0 | 5.9 | 1.9 | 3.2 | 7.9 | 6.2 | 4.7 | 5.6 | 4.5 | .3 |
| EGGS----- | 2.6 | 2.1 | 4.7 | 3.1 | .1 | 1.9 | 4.6 | 5.5 | 2.3 | 4.6 | .1 | .0 |
| DRY LEGUMES----- | .3 | .7 | 1.2 | .2 | 1.2 | .7 | 2.1 | .1 | 1.2 | .4 | .5 | .1 |
| NUTS, PEANUT BUTTER----- | .6 | 1.2 | 1.5 | 2.3 | .4 | .4 | .7 | * | .8 | .4 | 3.4 | * |
| SOUP, MIXTURES----- | .4 | .3 | .4 | .3 | .2 | .1 | .3 | .4 | .3 | .2 | .3 | .1 |
| ALL VEGETABLES----- | 11.2 | 6.3 | 6.0 | 2.2 | 11.3 | 6.7 | 14.2 | 40.4 | 14.5 | 7.6 | 12.1 | 41.4 |
| POTATOES----- | 1.9 | 2.8 | 1.7 | 1.5 | 4.5 | .7 | 2.8 | * | 4.1 | 1.2 | 5.0 | 7.7 |
| DARK GREEN----- | .7 | .2 | .4 | * | .3 | 1.3 | 1.4 | 9.2 | 1.1 | 1.0 | .4 | 7.3 |
| DEEP YELLOW----- | .4 | .2 | .1 | * | .5 | .4 | .5 | 13.6 | .4 | .2 | .3 | .7 |
| TOMATOES----- | 2.7 | .9 | .9 | .2 | 1.8 | .9 | 3.2 | 9.8 | 3.3 | 1.4 | 2.8 | 12.6 |
| OTHER----- | 5.1 | 2.1 | 2.6 | .4 | 4.1 | 3.3 | 6.1 | 6.1 | 5.5 | 3.6 | 3.3 | 12.8 |
| SOUP, MIXTURES----- | .4 | .2 | .2 | .1 | .2 | .1 | .3 | 1.7 | .2 | .2 | .3 | .3 |
| ALL FRUIT----- | 7.8 | 4.6 | 1.5 | .3 | 10.4 | 2.9 | 6.4 | 15.6 | 8.2 | 3.3 | 4.1 | 47.0 |
| CITRUS----- | 2.2 | 1.4 | .6 | .1 | 3.1 | 1.3 | 1.2 | 1.8 | 4.7 | .9 | 1.2 | 33.8 |
| OTHER VITAMIN C-RICH----- | .7 | .2 | .1 | * | .4 | .2 | .4 | 6.1 | .4 | .2 | .4 | 4.9 |
| OTHER----- | 4.9 | 3.0 | .8 | .2 | 6.9 | 1.3 | 4.8 | 7.6 | 3.1 | 2.2 | 2.5 | 8.2 |
| MIXTURES----- | * | * | * | * | * | * | * | * | * | * | * | * |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP--CONTINUED

NORTHEAST

URBAN

| FOOD GROUP # | MONEY VALUE | FOOD ENERGY | PROTEIN | FAT | CARBO- HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO- FLAVIN | NIACIN | ASCORBIC ACID |
|--|----------------|----------------|---------|------|-------------------|---------|------|-----------------------|---------|-----------------|--------|------------------|
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) | (13) |
| PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME | | | | | | | | | | | | |
| GRAIN, ENRICHED OR WHOLE GRAIN----- | 6.1 | 15.7 | 13.2 | 3.0 | 28.1 | 10.4 | 24.8 | .2 | 34.1 | 14.3 | 17.7 | .3 |
| FLOUR----- | .2 | 1.3 | 1.0 | .1 | 2.5 | 1.2 | 1.7 | * | 2.5 | 1.2 | 1.3 | .0 |
| CEREAL, PASTES----- | 2.2 | 5.5 | 4.1 | .5 | 10.6 | 2.3 | 11.0 | .1 | 15.6 | 4.8 | 7.3 | .2 |
| BREAD----- | 2.9 | 7.7 | 7.2 | 1.8 | 13.2 | 6.1 | 10.9 | .0 | 14.4 | 7.4 | 8.3 | .0 |
| OTHER BAKERY PRODUCTS----- | .8 | 1.2 | .9 | .6 | 1.9 | .7 | 1.1 | .1 | 1.6 | .9 | .9 | .1 |
| GRAIN, NOT ENRICHED OR WHOLE GRAIN-- | 5.7 | 10.2 | 5.3 | 7.2 | 14.9 | 4.7 | 4.8 | 1.4 | 4.2 | 3.1 | 2.9 | .3 |
| FLOUR----- | .3 | .9 | .3 | .6 | 1.5 | .7 | .2 | * | .1 | .2 | .1 | .0 |
| CEREAL, PASTES----- | .1 | .2 | .1 | .1 | .4 | * | .1 | * | .3 | * | .1 | .0 |
| BREAD----- | .6 | 1.2 | 1.2 | .2 | 2.2 | .9 | 1.0 | * | 1.3 | .5 | .7 | .0 |
| OTHER BAKERY PRODUCTS----- | 3.5 | 6.8 | 3.0 | 5.5 | 9.4 | 2.6 | 2.8 | .8 | 1.9 | 1.9 | 1.4 | * |
| SOUP, MIXTURES----- | 1.1 | 1.1 | .7 | .9 | 1.4 | .5 | .6 | .5 | .6 | .4 | .6 | .3 |
| FATS, OILS----- | 3.0 | 10.7 | .2 | 25.4 | .3 | .5 | .2 | 9.0 | .1 | .1 | * | * |
| BUTTER----- | 1.1 | 2.4 | .1 | 5.7 | * | .2 | .0 | 4.0 | .0 | .0 | .0 | .0 |
| MARGARINE----- | .6 | 2.8 | .1 | 6.8 | * | .2 | .0 | 4.7 | .0 | .0 | .0 | .0 |
| OIL, SALAD DRESSING----- | 1.0 | 4.2 | .1 | 10.0 | .2 | .1 | .2 | .2 | .1 | .1 | * | * |
| LARD----- | .1 | .5 | .0 | 1.3 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| VEGETABLE SHORTENING----- | .2 | .7 | * | 1.7 | .1 | .0 | .0 | * | .0 | .0 | .0 | .0 |
| SUGAR, SWEETS----- | 5.7 | 9.4 | .7 | 1.1 | 20.9 | 2.1 | 2.4 | .7 | .9 | .9 | .6 | 5.4 |
| SUGAR, SIRUP, JELLY, CANDY----- | 2.2 | 6.5 | .5 | 1.1 | 14.2 | 1.5 | 2.1 | .1 | .6 | .7 | .4 | .2 |
| OTHER SWEETS-- | | | | | | | | | | | | |
| ADDED VITAMIN C----- | .5 | .6 | * | * | 1.5 | .5 | .2 | .5 | .3 | .1 | .1 | 4.7 |
| NO ADDED VITAMIN C----- | 3.0 | 2.2 | .3 | * | 5.2 | .1 | .1 | * | * | .1 | .1 | .5 |
| OTHER FOOD----- | 8.7 | 2.2 | .3 | .1 | 2.7 | 2.9 | 6.6 | 1.1 | 1.5 | 3.9 | 17.2 | .0 |
| ALCOHOLIC BEVERAGE----- | 5.0 | 1.3 | .2 | .0 | .7 | .3 | .1 | .0 | * | .8 | 1.3 | .0 |
| SOME NUTRITIVE VALUE----- | 2.9 | .8 | .1 | .1 | 2.0 | 2.6 | 6.6 | 1.1 | 1.5 | 3.2 | 15.8 | .0 |
| NO NUTRITIVE VALUE----- | .8 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |

TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP

NORTHEAST

URBAN

| FOOD GROUP * | MONEY VALUE | FOOD ENERGY | PROTEIN | FAT | CARBO- HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO- FLAVIN | NIACIN | ASCORBIC ACID |
|--|----------------|----------------|---------|-------|-------------------|---------|-------|-----------------------|---------|-----------------|--------|------------------|
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) | (13) |
| | | CAL | G | G | G | MG | MG | IU | MG | MG | MG | MG |
| ALL FOOD GROUPS, AVERAGE AMOUNT----- | 3,021 | 105.4 | 142.4 | 330.4 | 1,102 | 18.8 | 7,780 | 1.55 | 2.41 | 25.3 | 111 | |
| PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME | | | | | | | | | | | | |
| MILK, CREAM, CHEESE----- | 13.3 | 14.4 | 21.1 | 17.1 | 9.6 | 64.8 | 1.2 | 12.9 | 11.1 | 40.2 | 2.5 | 5.3 |
| MILK----- | 9.1 | 10.2 | 16.1 | 11.2 | 7.4 | 52.2 | .2 | 8.3 | 9.7 | 34.3 | 2.1 | 4.7 |
| CREAM, ICE CREAM----- | 1.9 | 2.0 | 1.2 | 2.6 | 1.8 | 3.8 | .2 | 2.0 | .8 | 2.5 | .1 | .3 |
| CHEESE----- | 2.1 | 1.9 | 3.5 | 3.1 | .2 | 8.3 | .7 | 2.3 | .3 | 3.0 | .1 | .0 |
| SOUP, MIXTURES----- | .3 | .2 | .2 | .2 | .2 | .5 | .2 | .3 | .3 | .4 | .2 | .2 |
| MEAT, POULTRY, FISH----- | 36.2 | 22.0 | 43.6 | 36.2 | .3 | 3.1 | 31.8 | 16.0 | 22.6 | 23.0 | 40.0 | .7 |
| BEEF----- | 14.2 | 8.6 | 16.8 | 14.3 | .0 | .9 | 14.0 | .4 | 3.1 | 6.0 | 13.3 | .0 |
| BACON, SALT PORK----- | 1.3 | 2.1 | .7 | 4.6 | * | .1 | .6 | .0 | 1.0 | .4 | .6 | .7 |
| OTHER PORK----- | 6.5 | 4.1 | 6.6 | 7.4 | * | .4 | 5.5 | .0 | 11.8 | 3.0 | 5.3 | .0 |
| LIVER----- | .4 | .1 | .6 | .1 | * | * | 1.3 | 11.7 | .3 | 3.7 | 1.3 | .6 |
| LUNCHMEAT, FRANKFURTERS----- | 2.9 | 2.3 | 3.0 | 4.2 | .1 | .2 | 2.7 | .9 | 2.9 | 2.5 | 2.9 | .0 |
| OTHER MEAT----- | 2.8 | 1.1 | 2.7 | 1.6 | * | .2 | 1.8 | * | 1.0 | 1.8 | 2.9 | * |
| POULTRY----- | 5.2 | 2.8 | 9.6 | 3.3 | * | .6 | 4.7 | 2.7 | 1.9 | 4.8 | 10.3 | * |
| FISH, SHELLFISH----- | 2.9 | .9 | 3.6 | .8 | .1 | .7 | 1.2 | .3 | .7 | .6 | 3.4 | * |
| OTHER PROTEIN FOOD----- | 4.9 | 4.8 | 8.5 | 6.6 | 2.0 | 3.3 | 8.5 | 6.7 | 5.0 | 5.9 | 5.2 | .3 |
| EGGS----- | 3.0 | 2.1 | 4.8 | 3.1 | .1 | 1.9 | 4.7 | 5.9 | 2.3 | 4.6 | .2 | .0 |
| DRY LEGUMES----- | .3 | .7 | 1.2 | .2 | 1.1 | .7 | 2.1 | .1 | 1.2 | .4 | .5 | .1 |
| NUTS, PEANUT BUTTER----- | .9 | 1.6 | 1.8 | 3.0 | .5 | .5 | 1.0 | * | 1.0 | .5 | 3.9 | * |
| SOUP, MIXTURES----- | .6 | .4 | .6 | .3 | .3 | .2 | .5 | .7 | .4 | .3 | .5 | .1 |
| ALL VEGETABLES----- | 10.2 | 6.0 | 5.6 | 2.0 | 10.9 | 6.4 | 13.8 | 45.8 | 12.8 | 6.8 | 11.4 | 39.7 |
| POTATOES----- | 1.7 | 2.9 | 1.8 | 1.3 | 4.8 | .7 | 3.1 | * | 4.5 | 1.4 | 5.5 | 9.1 |
| DARK GREEN----- | .9 | .2 | .4 | * | .3 | 1.4 | 1.6 | 10.8 | .9 | 1.0 | .4 | 7.3 |
| DEEP YELLOW----- | .6 | .4 | .3 | * | .9 | .6 | .7 | 20.0 | .7 | .5 | .4 | 1.6 |
| TOMATOES----- | 1.8 | .7 | .7 | .1 | 1.4 | .6 | 2.5 | 7.3 | 2.3 | 1.0 | 2.1 | 8.5 |
| OTHER----- | 4.8 | 1.6 | 2.2 | .3 | 3.2 | 3.0 | 5.6 | 5.3 | 4.2 | 2.8 | 2.5 | 12.9 |
| SOUP, MIXTURES----- | .5 | .2 | .3 | .1 | .3 | .2 | .3 | 2.3 | .2 | .2 | .3 | .4 |
| ALL FRUIT----- | 7.0 | 4.8 | 1.4 | .4 | 11.2 | 2.9 | 5.6 | 5.6 | 8.4 | 2.7 | 3.0 | 50.0 |
| CITRUS----- | 2.7 | 1.7 | .8 | .1 | 3.8 | 1.8 | 1.6 | 2.4 | 5.6 | 1.1 | 1.4 | 43.8 |
| OTHER VITAMIN C-RICH----- | .1 | * | * | * | .1 | * | .1 | .6 | * | * | * | .6 |
| OTHER----- | 4.2 | 3.1 | .6 | .2 | 7.3 | 1.1 | 3.9 | 2.5 | 2.7 | 1.6 | 1.5 | 5.6 |
| MIXTURES----- | * | * | * | * | * | * | * | * | * | * | * | * |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP--CONTINUED

NORTHEAST

URBAN

| FOOD GROUP * | MONEY VALUE | FOOD ENERGY | PROTEIN | FAT | CARBO- HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO- FLAVIN | NIACIN | ASCORBIC ACID |
|--|----------------|----------------|---------|------|-------------------|---------|------|-----------------------|---------|-----------------|--------|------------------|
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) | (13) |
| PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME | | | | | | | | | | | | |
| GRAIN, ENRICHED OR WHOLE GRAIN----- | 6.5 | 16.3 | 13.8 | 3.0 | 29.6 | 10.1 | 26.5 | .1 | 34.8 | 14.8 | 18.1 | .3 |
| FLOUR----- | .4 | 2.4 | 1.9 | .2 | 4.6 | 1.5 | 3.1 | * | 4.6 | 2.1 | 2.4 | .0 |
| CEREAL, PASTES----- | 2.3 | 5.5 | 4.2 | .6 | 10.5 | 2.4 | 11.6 | .1 | 15.3 | 5.0 | 6.9 | .3 |
| BREAD----- | 3.1 | 7.4 | 7.0 | 1.7 | 12.8 | 5.8 | 10.8 | .0 | 13.7 | 7.1 | 8.0 | .0 |
| OTHER BAKERY PRODUCTS----- | .7 | 1.0 | .7 | .5 | 1.6 | .5 | .9 | * | 1.2 | .7 | .7 | .0 |
| GRAIN, NOT ENRICHED OR WHOLE GRAIN-- | 5.7 | 9.1 | 4.7 | 6.3 | 13.4 | 4.3 | 4.6 | 1.4 | 3.6 | 2.8 | 2.6 | .2 |
| FLOUR----- | .4 | 1.1 | .3 | .6 | 1.8 | .8 | .3 | * | .2 | .2 | .1 | .0 |
| CEREAL, PASTES----- | .1 | .2 | .1 | * | .3 | * | .1 | * | .2 | * | .1 | .0 |
| BREAD----- | .5 | .8 | .9 | .1 | 1.6 | .7 | .9 | * | 1.1 | .4 | .6 | .0 |
| OTHER BAKERY PRODUCTS----- | 3.5 | 6.0 | 2.6 | 4.6 | 8.5 | 2.3 | 2.5 | .7 | 1.6 | 1.6 | 1.2 | * |
| SOUP, MIXTURES----- | 1.2 | 1.0 | .7 | .9 | 1.2 | .5 | .6 | .7 | .6 | .5 | .6 | .2 |
| FATS, OILS----- | 3.4 | 11.5 | .2 | 27.2 | .2 | .5 | .2 | 10.1 | .1 | .1 | * | * |
| BUTTER----- | 1.4 | 2.7 | .1 | 6.6 | * | .2 | .0 | 4.9 | .0 | .0 | .0 | .0 |
| MARGARINE----- | .6 | 2.8 | .1 | 6.7 | * | .2 | .0 | 5.0 | .0 | .0 | .0 | .0 |
| OIL, SALAD DRESSING----- | 1.1 | 4.3 | .1 | 10.0 | .2 | .1 | .2 | .2 | .1 | .1 | * | * |
| LARD----- | .1 | .5 | .0 | 1.1 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| VEGETABLE SHORTENING----- | .2 | 1.2 | * | 2.9 | * | .0 | .0 | * | .0 | .0 | .0 | .0 |
| SUGAR, SWEETS----- | 4.8 | 9.0 | .8 | 1.1 | 20.2 | 1.8 | 2.5 | .9 | .9 | .8 | .6 | 3.5 |
| SUGAR, SIRUP, JELLY, CANDY----- | 2.3 | 7.0 | .5 | 1.1 | 15.3 | 1.4 | 2.2 | .1 | .7 | .7 | .5 | .2 |
| OTHER SWEETS-- | | | | | | | | | | | | |
| ADDED VITAMIN C----- | .3 | .3 | * | * | .7 | .3 | .1 | .8 | .2 | * | * | 3.0 |
| NO ADDED VITAMIN C----- | 2.2 | 1.8 | .3 | * | 4.2 | .2 | .2 | * | * | .1 | .1 | .3 |
| OTHER FOOD----- | 8.0 | 2.1 | .3 | .1 | 2.7 | 2.8 | 5.5 | .6 | .8 | 3.0 | 16.7 | .0 |
| ALCOHOLIC BEVERAGE----- | 4.4 | 1.2 | .2 | .0 | .7 | .3 | .1 | .0 | * | .7 | 1.3 | .0 |
| SOME NUTRITIVE VALUE----- | 3.0 | .8 | .1 | .1 | 2.0 | 2.5 | 5.4 | .6 | .8 | 2.2 | 15.4 | .0 |
| NO NUTRITIVE VALUE----- | .5 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP

NORTHEAST

URBAN

| FOOD GROUP * | MONEY VALUE | FOOD ENERGY | PROTEIN | FAT | CARBO- HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO- FLAVIN | NIACIN | ASCORBIC ACID |
|--|----------------|----------------|---------|-------|-------------------|---------|------|-----------------------|---------|-----------------|--------|------------------|
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) | (13) |
| | | CAL | G | G | G | MG | MG | IU | MG | MG | MG | MG |
| ALL FOOD GROUPS, AVERAGE AMOUNT----- | | 3,025 | 106.5 | 143.8 | 326.4 | 1,137 | 18.8 | 7,580 | 1.52 | 2.42 | 25.0 | 117 |
| PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME | | | | | | | | | | | | |
| MILK, CREAM, CHEESE----- | 13.2 | 15.0 | 22.0 | 17.9 | 9.9 | 66.1 | 1.3 | 13.9 | 11.7 | 41.6 | 2.6 | 5.3 |
| MILK----- | 8.8 | 10.5 | 16.4 | 11.4 | 7.6 | 52.1 | .2 | 8.7 | 10.1 | 35.1 | 2.2 | 4.7 |
| CREAM, ICE CREAM----- | 1.8 | 2.0 | 1.2 | 2.6 | 1.8 | 3.7 | .2 | 2.0 | .8 | 2.5 | .1 | .3 |
| CHEESE----- | 2.3 | 2.2 | 4.1 | 3.6 | .2 | 9.6 | .8 | 2.8 | .4 | 3.5 | .1 | .0 |
| SOUP, MIXTURES----- | .3 | .3 | .2 | .2 | .3 | .7 | .2 | .3 | .4 | .5 | .2 | .3 |
| MEAT, POULTRY, FISH----- | 37.1 | 22.4 | 42.5 | 37.1 | .3 | 2.9 | 31.9 | 16.9 | 21.6 | 22.7 | 39.1 | .6 |
| BEEF----- | 16.1 | 9.8 | 18.1 | 16.4 | * | 1.0 | 15.3 | .5 | 3.4 | 6.5 | 14.7 | .0 |
| BACON, SALT PORK----- | 1.3 | 2.1 | .7 | 4.5 | * | .1 | .6 | .0 | 1.0 | .4 | .6 | .0 |
| OTHER PORK----- | 6.1 | 3.8 | 5.9 | 6.8 | * | .3 | 5.1 | .0 | 10.8 | 2.8 | 4.8 | .0 |
| LIVER----- | .4 | .2 | .7 | .1 | .1 | * | 1.4 | 12.7 | .3 | 4.1 | 1.5 | .6 |
| LUNCHMEAT, FRANKFURTERS----- | 3.1 | 2.5 | 3.3 | 4.5 | .1 | .2 | 3.0 | 1.2 | 3.2 | 2.9 | 3.2 | .0 |
| OTHER MEAT----- | 2.9 | 1.1 | 2.6 | 1.7 | * | .2 | 1.6 | * | .9 | 1.3 | 2.8 | * |
| POULTRY----- | 4.3 | 2.1 | 7.6 | 2.3 | * | .4 | 3.8 | 2.3 | 1.3 | 4.1 | 8.1 | * |
| FISH, SHELLFISH----- | 2.8 | .9 | 3.5 | .9 | * | .7 | 1.1 | .3 | .7 | .6 | 3.4 | * |
| OTHER PROTEIN FOOD----- | 4.9 | 4.9 | 8.8 | 6.4 | 2.3 | 3.3 | 9.0 | 6.8 | 5.3 | 6.0 | 5.6 | .3 |
| EGGS----- | 2.9 | 2.1 | 4.7 | 3.1 | .1 | 1.9 | 4.8 | 6.1 | 2.4 | 4.6 | .2 | .0 |
| DRY LEGUMES----- | .4 | .9 | 1.5 | .2 | 1.4 | .8 | 2.7 | .1 | 1.5 | .5 | .6 | .1 |
| NUTS, PEANUT BUTTER----- | .7 | 1.5 | 1.7 | 2.7 | .4 | .5 | .9 | * | 1.0 | .5 | 4.1 | * |
| SOUP, MIXTURES----- | .5 | .3 | .5 | .3 | .2 | .1 | .4 | .4 | .3 | .3 | .4 | .1 |
| ALL VEGETABLES----- | 10.0 | 5.8 | 5.5 | 1.8 | 10.7 | 5.9 | 13.9 | 44.4 | 12.9 | 6.5 | 11.6 | 36.2 |
| POTATOES----- | 1.6 | 2.7 | 1.7 | 1.2 | 4.7 | .6 | 3.0 | * | 4.4 | 1.3 | 5.4 | 8.5 |
| DARK GREEN----- | .8 | .1 | .4 | * | .2 | 1.3 | 1.4 | 10.1 | .8 | .9 | .4 | 6.3 |
| DEEP YELLOW----- | .5 | .3 | .2 | * | .6 | .4 | .6 | 16.5 | .5 | .3 | .3 | 1.0 |
| TOMATOES----- | 1.9 | .8 | .8 | .2 | 1.6 | .6 | 3.2 | 9.1 | 2.8 | 1.1 | 2.6 | 9.6 |
| OTHER----- | 4.8 | 1.6 | 2.0 | .3 | 3.1 | 2.8 | 5.4 | 5.9 | 4.1 | 2.7 | 2.5 | 10.4 |
| SOUP, MIXTURES----- | .5 | .2 | .3 | .1 | .3 | .2 | .4 | 2.8 | .3 | .2 | .4 | .4 |
| ALL FRUIT----- | 6.8 | 4.8 | 1.4 | .3 | 11.1 | 3.1 | 5.8 | 5.2 | 9.1 | 2.7 | 3.1 | 53.1 |
| CITRUS----- | 3.2 | 2.0 | .9 | .1 | 4.5 | 2.2 | 2.0 | 3.0 | 6.7 | 1.3 | 1.7 | 48.5 |
| OTHER VITAMIN C-RICH----- | * | * | * | * | * | * | * | * | * | * | * | .2 |
| OTHER----- | 3.6 | 2.8 | .5 | .2 | 6.6 | .9 | 3.8 | 2.2 | 2.4 | 1.4 | 1.5 | 4.4 |
| MIXTURES----- | * | * | * | * | * | * | * | * | * | * | * | * |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP--CONTINUED

NORTHEAST

URBAN

| FOOD GROUP * | MONEY VALUE | FOOD ENERGY | PROTEIN | FAT | CARBO- HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO- FLAVIN | NIACIN | ASCORBIC ACID |
|--|----------------|----------------|---------|------|-------------------|---------|------|-----------------------|---------|-----------------|--------|------------------|
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) | (13) |
| PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME | | | | | | | | | | | | |
| GRAIN, ENRICHED OR WHOLE GRAIN----- | 6.1 | 16.1 | 13.3 | 3.0 | 29.5 | 9.5 | 25.8 | .2 | 33.8 | 14.0 | 17.3 | .3 |
| FLOUR----- | .3 | 1.6 | 1.3 | .1 | 3.2 | 1.2 | 2.1 | * | 3.1 | 1.4 | 1.7 | .0 |
| CEREAL, PASTES----- | 2.3 | 6.2 | 4.6 | .6 | 12.0 | 2.2 | 12.0 | .1 | 15.7 | 4.9 | 7.0 | .2 |
| BREAD----- | 2.9 | 7.4 | 6.8 | 1.7 | 13.0 | 5.6 | 10.8 | * | 13.9 | 7.1 | 8.1 | .0 |
| OTHER BAKERY PRODUCTS----- | .6 | .9 | .6 | .5 | 1.4 | .4 | .8 | * | 1.1 | .6 | .6 | * |
| GRAIN, NOT ENRICHED OR WHOLE GRAIN-- | 6.1 | 9.8 | 5.3 | 6.6 | 14.7 | 4.5 | 4.8 | 1.5 | 4.1 | 3.0 | 3.0 | .3 |
| FLOUR----- | .3 | 1.0 | .3 | .6 | 1.6 | .8 | .3 | * | .1 | .2 | .1 | .0 |
| CEREAL, PASTES----- | .1 | .1 | .1 | * | .2 | * | .1 | * | .2 | * | .1 | .0 |
| BREAD----- | .8 | 1.3 | 1.3 | .2 | 2.6 | .9 | 1.2 | * | 1.4 | .5 | .8 | .0 |
| OTHER BAKERY PRODUCTS----- | 3.6 | 6.2 | 2.7 | 4.9 | 8.8 | 2.3 | 2.6 | .8 | 1.7 | 1.7 | 1.3 | * |
| SOUP, MIXTURES----- | 1.3 | 1.1 | .8 | .9 | 1.4 | .5 | .7 | .7 | .6 | .5 | .7 | .3 |
| FATS, OILS----- | 3.0 | 10.9 | .2 | 25.7 | .2 | .5 | .1 | 9.8 | .1 | .1 | * | * |
| BUTTER----- | 1.2 | 2.4 | .1 | 5.6 | * | .2 | .0 | 4.4 | .0 | .0 | .0 | .0 |
| MARGARINE----- | .6 | 2.9 | .1 | 6.8 | * | .2 | .0 | 5.2 | .0 | .0 | .0 | .0 |
| OIL, SALAD DRESSING----- | .9 | 4.1 | .1 | 9.5 | .2 | .1 | .1 | .2 | .1 | .1 | * | * |
| LARD----- | .1 | .7 | * | 1.6 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| VEGETABLE SHORTENING----- | .2 | 1.0 | * | 2.2 | .1 | .0 | .0 | * | .0 | .0 | .0 | .0 |
| SUGAR, SWEETS----- | 4.5 | 8.3 | .8 | 1.0 | 18.8 | 1.6 | 2.2 | .8 | 1.0 | .8 | .6 | 3.9 |
| SUGAR, SIRUP, JELLY, CANDY----- | 2.1 | 6.1 | .4 | 1.0 | 13.6 | 1.2 | 1.9 | .1 | .7 | .6 | .5 | .2 |
| OTHER SWEETS-- | | | | | | | | | | | | |
| ADDED VITAMIN C----- | .3 | .3 | * | * | .7 | .2 | .1 | .7 | .3 | * | * | 3.5 |
| NO ADDED VITAMIN C----- | 2.1 | 1.9 | .3 | .1 | 4.4 | .2 | .2 | * | * | .1 | .1 | .2 |
| OTHER FOOD----- | 8.3 | 2.0 | .3 | .1 | 2.6 | 2.6 | 5.2 | .5 | .6 | 2.7 | 17.0 | .0 |
| ALCOHOLIC BEVERAGE----- | 4.6 | 1.2 | .2 | .0 | .7 | .3 | .1 | .0 | * | .7 | 1.3 | .0 |
| SOME NUTRITIVE VALUE----- | 3.0 | .8 | .1 | .1 | 2.0 | 2.4 | 5.1 | .5 | .6 | 2.0 | 15.7 | .0 |
| NO NUTRITIVE VALUE----- | .7 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |

TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP

NORTHEAST

RURAL NONFARM

| FOOD GROUP * | MONEY VALUE | FOOD ENERGY | PROTEIN | FAT | CARBO- HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO- FLAVIN | NIACIN | ASCORBIC ACID |
|--|----------------|----------------|---------|-------|-------------------|---------|------|-----------------------|---------|-----------------|--------|------------------|
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) | (13) |
| | | CAL | G | G | G | MG | MG | IU | MG | MG | MG | MG |
| ALL FOOD GROUPS, AVERAGE AMOUNT----- | | 3,220 | 104.7 | 151.3 | 364.5 | 1,149 | 18.9 | 7,050 | 1.56 | 2.40 | 25.4 | 104 |
| PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME | | | | | | | | | | | | |
| MILK, CREAM, CHEESE----- | 13.6 | 13.8 | 22.3 | 16.1 | 9.0 | 64.4 | 1.4 | 14.1 | 11.1 | 41.5 | 2.5 | 5.5 |
| MILK----- | 8.9 | 9.5 | 16.4 | 10.2 | 6.8 | 50.8 | .3 | 8.8 | 9.6 | 34.8 | 2.1 | 4.9 |
| CREAM, ICE CREAM----- | 2.2 | 2.1 | 1.4 | 2.7 | 1.9 | 4.2 | .2 | 2.4 | .9 | 2.9 | .1 | .4 |
| CHEESE----- | 2.2 | 1.9 | 4.3 | 3.1 | .2 | 9.0 | .8 | 2.7 | .4 | 3.5 | .1 | .0 |
| SOUP, MIXTURES----- | .3 | .2 | .2 | .2 | .2 | .4 | .1 | .2 | .2 | .3 | .1 | .2 |
| MEAT, POULTRY, FISH----- | 32.3 | 19.9 | 39.0 | 33.9 | .3 | 2.6 | 29.4 | 12.2 | 21.1 | 20.1 | 34.4 | .5 |
| BEEF----- | 13.6 | 8.2 | 17.0 | 13.8 | .0 | .9 | 14.0 | .4 | 3.1 | 6.1 | 13.3 | .0 |
| BACON, SALT PORK----- | 1.5 | 2.4 | .9 | 5.2 | * | .1 | .7 | .0 | 1.2 | .5 | .7 | .0 |
| OTHER PORK----- | 5.9 | 3.5 | 6.1 | 6.3 | * | .3 | 5.0 | .0 | 10.7 | 2.8 | 4.8 | .0 |
| LIVER----- | .3 | .1 | .5 | .1 | * | * | 1.3 | 8.7 | .2 | 3.0 | 1.1 | .5 |
| LUNCHMEAT, FRANKFURTERS----- | 3.9 | 2.9 | 4.1 | 5.3 | .2 | .2 | 3.6 | 1.0 | 3.9 | 3.3 | 3.8 | .0 |
| OTHER MEAT----- | 1.3 | .4 | 1.4 | .6 | * | .1 | .9 | * | .4 | .9 | 1.5 | * |
| POULTRY----- | 3.5 | 1.6 | 6.1 | 1.9 | * | .3 | 2.9 | 1.8 | 1.1 | 3.1 | 6.4 | * |
| FISH, SHELLFISH----- | 2.4 | .7 | 2.8 | .7 | .1 | .6 | .9 | .2 | .5 | .5 | 2.8 | * |
| OTHER PROTEIN FOOD----- | 5.1 | 5.0 | 9.3 | 7.0 | 2.0 | 3.5 | 8.8 | 7.6 | 5.1 | 6.1 | 6.6 | .4 |
| EGGS----- | 2.7 | 2.0 | 4.9 | 3.0 | .1 | 1.9 | 4.9 | 6.7 | 2.3 | 4.7 | .2 | .0 |
| DRY LEGUMES----- | .5 | .7 | 1.3 | .2 | 1.1 | .8 | 2.2 | .2 | 1.1 | .4 | .5 | .2 |
| NUTS, PEANUT BUTTER----- | 1.0 | 1.8 | 2.3 | 3.4 | .5 | .6 | 1.1 | * | 1.2 | .6 | 5.3 | * |
| SOUP, MIXTURES----- | .6 | .3 | .6 | .3 | .2 | .2 | .5 | .5 | .3 | .3 | .4 | .1 |
| ALL VEGETABLES----- | 11.6 | 6.7 | 6.2 | 2.3 | 11.7 | 5.5 | 14.2 | 40.6 | 14.0 | 6.8 | 13.4 | 42.0 |
| POTATOES----- | 2.4 | 3.6 | 2.4 | 1.7 | 5.8 | .9 | 4.0 | * | 5.8 | 1.8 | 7.2 | 12.8 |
| DARK GREEN----- | .5 | .1 | .2 | * | .1 | .4 | .6 | 4.2 | .3 | .3 | .1 | 3.0 |
| DEEP YELLOW----- | .5 | .3 | .2 | * | .6 | .4 | .6 | 18.6 | .5 | .3 | .3 | 1.1 |
| TOMATOES----- | 2.3 | .8 | .8 | .2 | 1.6 | .7 | 2.7 | 9.5 | 2.6 | 1.1 | 2.5 | 10.8 |
| OTHER----- | 5.6 | 1.8 | 2.4 | .3 | 3.6 | 3.0 | 6.1 | 6.3 | 4.6 | 3.1 | 3.0 | 14.0 |
| SOUP, MIXTURES----- | .4 | .2 | .2 | .1 | .2 | .1 | .3 | 2.0 | .2 | .1 | .2 | .3 |
| ALL FRUIT----- | 7.0 | 4.0 | 1.2 | .3 | 9.0 | 2.5 | 5.1 | 8.2 | 6.7 | 2.7 | 2.9 | 44.3 |
| CITRUS----- | 2.1 | 1.2 | .6 | .1 | 2.6 | 1.3 | 1.2 | 2.0 | 4.1 | .8 | 1.0 | 34.1 |
| OTHER VITAMIN C-RICH----- | .5 | .1 | .1 | * | .3 | .1 | .3 | 1.9 | .2 | .2 | .2 | 4.4 |
| OTHER----- | 4.3 | 2.7 | .6 | .2 | 6.2 | 1.0 | 3.6 | 4.2 | 2.5 | 1.7 | 1.7 | 5.9 |
| MIXTURES----- | * | * | * | * | * | * | * | * | * | * | * | * |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 6.—MONEY VALUE AND NUTRIENTS
BY FOOD GROUP--CONTINUED

NORTHEAST

RURAL NONFARM

| FOOD GROUP * | MONEY VALUE | FOOD ENERGY | PROTEIN | FAT | CARBO- HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO- FLAVIN | NIACIN | ASCORBIC ACID |
|--|----------------|----------------|---------|------|-------------------|---------|------|-----------------------|---------|-----------------|--------|------------------|
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) | (13) |
| PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME | | | | | | | | | | | | |
| GRAIN, ENRICHED OR WHOLE GRAIN----- | 7.1 | 16.4 | 15.2 | 3.3 | 28.4 | 10.7 | 27.2 | .1 | 36.2 | 15.9 | 19.3 | .5 |
| FLOUR----- | .5 | 3.0 | 2.6 | .2 | 5.5 | 1.2 | 4.1 | * | 5.9 | 2.7 | 3.2 | .0 |
| CEREAL, PASTES----- | 2.3 | 4.4 | 3.9 | .5 | 8.1 | 2.0 | 9.6 | .1 | 13.4 | 4.2 | 6.2 | .4 |
| BREAD----- | 3.5 | 7.9 | 7.9 | 2.0 | 13.2 | 6.8 | 12.4 | * | 15.2 | 8.2 | 9.0 | .0 |
| OTHER BAKERY PRODUCTS----- | .8 | 1.1 | .8 | .5 | 1.7 | .6 | 1.2 | * | 1.6 | .9 | .9 | .1 |
| GRAIN, NOT ENRICHED OR WHOLE GRAIN----- | 6.1 | 9.6 | 5.2 | 6.7 | 13.6 | 4.6 | 4.9 | 1.5 | 3.9 | 3.1 | 2.8 | .4 |
| FLOUR----- | .5 | 1.1 | .4 | .7 | 1.8 | 1.0 | .4 | * | .2 | .3 | .2 | .0 |
| CEREAL, PASTES----- | .1 | .3 | .2 | .1 | .5 | * | .3 | * | .5 | .1 | .2 | .0 |
| BREAD----- | .4 | .7 | .7 | .1 | 1.2 | .5 | .7 | * | .8 | .3 | .4 | .0 |
| OTHER BAKERY PRODUCTS----- | 4.0 | 6.5 | 3.1 | 5.1 | 9.0 | 2.5 | 2.9 | .7 | 1.9 | 1.9 | 1.5 | * |
| SOUP, MIXTURES----- | 1.1 | .9 | .8 | .8 | 1.1 | .5 | .7 | .7 | .6 | .5 | .6 | .4 |
| FATS, OILS----- | 3.6 | 12.2 | .3 | 28.9 | .3 | .7 | .2 | 14.2 | .1 | .1 | * | * |
| BUTTER----- | 1.4 | 2.4 | .1 | 5.9 | * | .2 | .0 | 5.2 | .0 | .0 | .0 | .0 |
| MARGARINE----- | .9 | 4.2 | .1 | 10.0 | * | .3 | .0 | 8.7 | .0 | .0 | .0 | .0 |
| OIL, SALAD DRESSING----- | .8 | 3.0 | .1 | 7.0 | .2 | .1 | .2 | .3 | .1 | .1 | * | * |
| LARD----- | .1 | .4 | * | 1.0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| VEGETABLE SHORTENING----- | .5 | 2.1 | * | 4.9 | .1 | .0 | .0 | * | .0 | .0 | .0 | .0 |
| SUGAR, SWEETS----- | 6.2 | 10.6 | .9 | 1.4 | 22.9 | 2.7 | 3.4 | 1.3 | 1.2 | 1.1 | .7 | 6.3 |
| SUGAR, SIRUP, JELLY, CANDY----- | 3.3 | 8.6 | .6 | 1.3 | 18.4 | 2.1 | 3.1 | .1 | .8 | 1.0 | .6 | .3 |
| OTHER SWEETS----- | .5 | .5 | * | * | 1.0 | .5 | .2 | 1.1 | .3 | .1 | .1 | 5.7 |
| ADDED VITAMIN C----- | 2.4 | 1.6 | .3 | .1 | 3.5 | .1 | .1 | * | * | .1 | * | .3 |
| NO ADDED VITAMIN C----- | | | | | | | | | | | | |
| OTHER FOOD----- | 7.5 | 1.8 | .3 | .1 | 2.6 | 2.9 | 5.3 | .3 | .6 | 2.6 | 17.3 | .0 |
| ALCOHOLIC BEVERAGE----- | 3.4 | .9 | .1 | .0 | .5 | .2 | * | .0 | * | .6 | 1.0 | .0 |
| SOME NUTRITIVE VALUE----- | 3.4 | .9 | .2 | .1 | 2.1 | 2.7 | 5.2 | .3 | .5 | 2.0 | 16.3 | .0 |
| NO NUTRITIVE VALUE----- | .6 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |

TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP

NORTHEAST

RURAL NONFARM

| FOOD GROUP * | MONEY VALUE | FOOD ENERGY | PROTEIN | FAT | CARBO- HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO- FLAVIN | NIACIN | ASCORBIC ACID |
|--|----------------|----------------|---------|-------|-------------------|---------|-------|-----------------------|---------|-----------------|--------|------------------|
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) | (13) |
| | | CAL | G | G | G | MG | MG | IU | MG | MG | MG | MG |
| ALL FOOD GROUPS, AVERAGE AMOUNT----- | 3,155 | 102.8 | 148.8 | 355.6 | 1,121 | 18.6 | 6,330 | 1.53 | 2.32 | 24.5 | 101 | |
| PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME | | | | | | | | | | | | |
| MILK, CREAM, CHEESE----- | 13.7 | 13.7 | 22.3 | 16.0 | 9.1 | 64.6 | 1.4 | 15.3 | 11.1 | 41.8 | 2.5 | 5.4 |
| MILK----- | 8.6 | 9.1 | 15.9 | 9.6 | 6.5 | 49.7 | .3 | 9.1 | 9.5 | 34.4 | 2.1 | 4.8 |
| CREAM, ICE CREAM----- | 2.4 | 2.3 | 1.5 | 2.9 | 2.1 | 4.6 | .2 | 2.8 | .9 | 3.2 | .2 | .4 |
| CHEESE----- | 2.3 | 2.1 | 4.7 | 3.3 | .2 | 9.8 | .8 | 3.2 | .4 | 3.8 | .1 | .0 |
| SOUP, MIXTURES----- | .3 | .2 | .2 | .2 | .2 | .5 | .1 | .3 | .3 | .4 | .2 | .2 |
| MEAT, POULTRY, FISH----- | 31.8 | 20.5 | 39.4 | 34.9 | .3 | 2.7 | 29.7 | 9.7 | 21.5 | 19.7 | 35.0 | .4 |
| BEEF----- | 13.9 | 8.6 | 17.4 | 14.4 | .0 | .9 | 14.3 | .5 | 3.2 | 6.3 | 13.9 | .0 |
| BACON, SALT PORK----- | 1.3 | 2.6 | 1.0 | 5.7 | * | .1 | .8 | .0 | 1.3 | .5 | .8 | .0 |
| OTHER PORK----- | 5.6 | 3.6 | 6.4 | 6.4 | * | .3 | 5.3 | .0 | 11.2 | 3.0 | 5.2 | .0 |
| LIVER----- | .2 | * | .4 | * | * | * | 1.1 | 6.2 | .2 | 2.3 | .8 | .4 |
| LUNCHMEAT, FRANKFURTERS----- | 3.8 | 2.9 | 4.1 | 5.3 | .2 | .2 | 3.5 | .8 | 3.9 | 3.2 | 3.8 | .0 |
| OTHER MEAT----- | 1.1 | .4 | 1.1 | .5 | * | * | .7 | * | .4 | .7 | 1.2 | * |
| POULTRY----- | 3.4 | 1.5 | 5.9 | 1.7 | * | .3 | 2.8 | 2.0 | 1.0 | 3.1 | 6.3 | * |
| FISH, SHELLFISH----- | 2.3 | .8 | 3.0 | .8 | * | .7 | 1.2 | .2 | .5 | .6 | 3.1 | * |
| OTHER PROTEIN FOOD----- | 4.9 | 4.9 | 9.4 | 6.6 | 2.0 | 3.5 | 9.0 | 8.6 | 5.1 | 6.3 | 0.0 | .4 |
| EGGS----- | 2.7 | 2.1 | 5.2 | 3.2 | .1 | 2.0 | 5.1 | 7.7 | 2.5 | 5.1 | .2 | .0 |
| DRY LEGUMES----- | .5 | .8 | 1.4 | .2 | 1.2 | .9 | 2.4 | .3 | 1.3 | .4 | .6 | .2 |
| NUTS, PEANUT BUTTER----- | .9 | 1.6 | 2.0 | 2.8 | .4 | .5 | 1.0 | * | .9 | .5 | 4.6 | * |
| SOUP, MIXTURES----- | .5 | .3 | .6 | .2 | .2 | .1 | .4 | .5 | .3 | .3 | .3 | * |
| ALL VEGETABLES----- | 11.5 | 6.3 | 5.6 | 2.3 | 11.0 | 5.1 | 13.3 | 39.8 | 12.9 | 6.2 | 12.6 | 37.3 |
| POTATOES----- | 2.9 | 3.6 | 2.4 | 1.7 | 5.8 | .9 | 4.0 | * | 5.9 | 1.8 | 7.4 | 12.8 |
| DARK GREEN----- | .4 | * | .2 | * | * | .5 | .7 | 5.5 | .4 | .4 | .1 | 2.7 |
| DEEP YELLOW----- | .4 | .2 | .1 | * | .4 | .3 | .4 | 17.3 | .3 | .2 | .2 | .7 |
| TOMATOES----- | 2.1 | .8 | .7 | .2 | 1.5 | .6 | 2.4 | 9.2 | 2.3 | 1.0 | 2.3 | 9.2 |
| OTHER----- | 5.3 | 1.5 | 2.0 | .3 | 3.0 | 2.7 | 5.5 | 5.8 | 3.8 | 2.6 | 2.4 | 11.6 |
| SOUP, MIXTURES----- | .3 | .2 | .2 | .1 | .2 | .1 | .2 | 2.0 | .2 | .1 | .2 | .3 |
| ALL FRUIT----- | 7.4 | 3.9 | 1.3 | .3 | 8.8 | 2.8 | 5.5 | 8.4 | 6.8 | 2.9 | 2.9 | 48.5 |
| CITRUS----- | 2.2 | 1.2 | .6 | * | 2.5 | 1.5 | 1.3 | 2.0 | 4.0 | .9 | 1.0 | 33.7 |
| OTHER VITAMIN C-RICH----- | .9 | .2 | * | * | .4 | .2 | .6 | 1.6 | .3 | .4 | .3 | 8.5 |
| OTHER----- | 4.3 | 2.6 | .6 | .2 | 5.9 | 1.1 | 3.6 | 4.7 | 2.5 | 1.6 | 1.6 | 6.2 |
| MIXTURES----- | * | * | * | * | * | * | * | * | * | * | * | * |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP--CONTINUED

NORTHEAST

RURAL NONFARM

| FOOD GROUP * | MONEY VALUE | FOOD ENERGY | PROTEIN | FAT | CARBO- HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO- FLAVIN | NIACIN | ASCORBIC ACID |
|--|----------------|----------------|---------|------|-------------------|---------|------|-----------------------|---------|-----------------|--------|------------------|
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) | (13) |
| PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME | | | | | | | | | | | | |
| GRAIN, ENRICHED OR WHOLE GRAIN----- | 7.1 | 16.4 | 15.1 | 3.2 | 28.6 | 10.5 | 27.6 | .1 | 36.5 | 15.9 | 19.8 | .6 |
| FLOUR----- | .5 | 3.1 | 2.7 | .3 | 5.7 | 1.0 | 4.2 | * | 6.2 | 2.9 | 3.4 | .0 |
| CEREAL, PASTES----- | 2.4 | 4.4 | 3.8 | .5 | 8.2 | 2.2 | 10.1 | * | 13.6 | 4.0 | 6.4 | .4 |
| BREAD----- | 3.3 | 7.7 | 7.7 | 1.9 | 12.8 | 6.6 | 12.0 | * | 14.8 | 8.0 | 8.9 | .0 |
| OTHER BAKERY PRODUCTS----- | .8 | 1.2 | .9 | .6 | 1.9 | .7 | 1.3 | * | 1.9 | 1.1 | 1.0 | .1 |
| GRAIN, NOT ENRICHED OR WHOLE GRAIN-- | 6.3 | 9.8 | 5.4 | 6.9 | 13.9 | 4.6 | 4.9 | 1.7 | 4.1 | 3.3 | 2.9 | .5 |
| FLOUR----- | .4 | .8 | .3 | .5 | 1.4 | .7 | .3 | * | .2 | .2 | .1 | .0 |
| CEREAL, PASTES----- | .2 | .4 | .3 | .1 | .6 | * | .3 | * | .6 | .1 | .2 | .0 |
| BREAD----- | .4 | .7 | .8 | .1 | 1.3 | .6 | .7 | * | .8 | .4 | .5 | .0 |
| OTHER BAKERY PRODUCTS----- | 4.2 | 6.9 | 3.2 | 5.4 | 9.4 | 2.7 | 3.0 | .9 | 2.0 | 2.0 | 1.5 | * |
| SOUP, MIXTURES----- | 1.1 | 1.0 | .8 | .8 | 1.2 | .6 | .7 | .7 | .6 | .5 | .6 | .5 |
| FATS, OILS----- | 3.6 | 11.9 | .3 | 28.2 | .4 | .6 | .2 | 14.6 | * | .1 | * | * |
| BUTTER----- | 1.3 | 2.5 | * | 6.0 | * | .2 | .0 | 5.7 | .0 | .0 | .0 | .0 |
| MARGARINE----- | .8 | 3.7 | * | 8.9 | * | .3 | .0 | 8.6 | .0 | .0 | .0 | .0 |
| OIL, SALAD DRESSING----- | .9 | 3.4 | * | 7.8 | .2 | .1 | .2 | .3 | * | .1 | * | * |
| LARD----- | * | .5 | .0 | 1.2 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| VEGETABLE SHORTENING----- | .5 | 1.8 | * | 4.3 | * | .0 | .0 | * | .0 | .0 | .0 | .0 |
| SUGAR, SWEETS----- | 6.4 | 10.9 | .9 | 1.4 | 23.4 | 2.7 | 3.1 | 1.4 | 1.3 | 1.1 | .8 | 7.0 |
| SUGAR, SIRUP, JELLY, CANDY----- | 3.4 | 8.9 | .6 | 1.4 | 18.8 | 2.0 | 2.8 | .1 | .8 | 1.0 | .7 | .3 |
| OTHER SWEETS-- | | | | | | | | | | | | |
| ADDED VITAMIN C----- | .6 | .5 | * | * | 1.2 | .6 | .2 | 1.2 | .4 | * | * | 6.3 |
| NO ADDED VITAMIN C----- | 2.4 | 1.5 | .3 | * | 3.4 | * | * | * | * | * | * | .4 |
| OTHER FOOD----- | 7.3 | 1.7 | .3 | .1 | 2.5 | 2.9 | 5.3 | .4 | .7 | 2.7 | 17.5 | .0 |
| ALCOHOLIC BEVERAGE----- | 3.3 | .8 | .1 | .0 | .5 | .2 | * | .0 | * | .6 | 1.1 | .0 |
| SOME NUTRITIVE VALUE----- | 3.5 | .9 | .2 | .1 | 2.1 | 2.7 | 5.3 | .4 | .7 | 2.1 | 16.4 | .0 |
| NO NUTRITIVE VALUE----- | .6 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |

TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP

NORTHEAST

RURAL NONFARM

| FOOD GROUP * | MONEY VALUE | FOOD ENERGY | PROTEIN | FAT | CARBO- HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO- FLAVIN | NIACIN | ASCORBIC ACID |
|--|----------------|----------------|---------|-------|-------------------|---------|------|-----------------------|---------|-----------------|--------|------------------|
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) | (13) |
| | | CAL | G | G | G | MG | MG | IU | MG | MG | MG | MG |
| ALL FOOD GROUPS, AVERAGE AMOUNT----- | | 3,039 | 96.0 | 143.3 | 345.2 | 1,039 | 17.8 | 7,150 | 1.46 | 2.22 | 24.3 | 112 |
| PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME | | | | | | | | | | | | |
| MILK, CREAM, CHEESE----- | 12.1 | 12.9 | 21.2 | 15.1 | 8.4 | 61.7 | 1.4 | 12.3 | 10.1 | 38.7 | 2.2 | 4.2 |
| MILK----- | 7.7 | 8.6 | 15.1 | 9.3 | 6.1 | 47.5 | .3 | 7.5 | 8.6 | 31.7 | 1.8 | 3.8 |
| CREAM, ICE CREAM----- | 2.2 | 2.3 | 1.6 | 2.7 | 2.1 | 4.8 | .2 | 2.3 | 1.0 | 3.3 | .2 | .4 |
| CHEESE----- | 2.1 | 1.9 | 4.4 | 3.0 | .2 | 9.2 | .8 | 2.5 | .4 | 3.5 | .1 | .0 |
| SOUP, MIXTURES----- | .2 | .1 | .1 | .1 | .1 | .1 | .1 | .1 | .1 | .1 | .1 | * |
| MEAT, POULTRY, FISH----- | 30.0 | 19.0 | 38.7 | 32.1 | .3 | 2.5 | 29.1 | 12.5 | 21.6 | 20.8 | 32.5 | .5 |
| BEEF----- | 12.0 | 7.6 | 16.6 | 12.5 | .0 | .9 | 13.4 | .3 | 3.1 | 5.9 | 12.4 | .0 |
| BACON, SALT PORK----- | 1.5 | 2.3 | .9 | 5.1 | * | .1 | .7 | .0 | 1.2 | .5 | .7 | .0 |
| OTHER PORK----- | 5.7 | 3.2 | 6.1 | 5.5 | * | .3 | 4.9 | .0 | 10.6 | 2.7 | 4.7 | .0 |
| LIVER----- | .2 | .1 | .5 | .1 | * | * | 1.1 | 8.7 | .2 | 2.9 | 1.0 | .4 |
| LUNCHMEAT, FRANKFURTERS----- | 4.6 | 3.6 | 5.3 | 6.6 | .2 | .3 | 4.6 | 1.7 | 4.7 | 4.5 | 4.7 | .0 |
| OTHER MEAT----- | .8 | .4 | 1.1 | .5 | * | .1 | .8 | * | .4 | .7 | 1.1 | * |
| POULTRY----- | 2.8 | 1.2 | 5.2 | 1.1 | * | .3 | 2.5 | 1.4 | .8 | 3.1 | 5.0 | * |
| FISH, SHELLFISH----- | 2.3 | .7 | 2.9 | .8 | * | .5 | 1.0 | .3 | .6 | .5 | 2.9 | * |
| OTHER PROTEIN FOOD----- | 5.1 | 5.3 | 10.0 | 7.3 | 2.2 | 3.9 | 9.2 | 7.3 | 5.1 | 6.3 | 7.0 | .5 |
| EGGS----- | 2.6 | 2.1 | 5.2 | 3.1 | .1 | 2.0 | 5.0 | 6.3 | 2.4 | 4.9 | .2 | .0 |
| DRY LEGUMES----- | .6 | .9 | 1.4 | .3 | 1.2 | 1.1 | 2.3 | .3 | 1.2 | .3 | .5 | .3 |
| NUTS, PEANUT BUTTER----- | .9 | 1.8 | 2.4 | 3.3 | .5 | .6 | 1.1 | * | 1.0 | .5 | 5.5 | * |
| SOUP, MIXTURES----- | .7 | .4 | .7 | .4 | .3 | .2 | .7 | .5 | .4 | .3 | .5 | .1 |
| ALL VEGETABLES----- | 14.3 | 7.9 | 7.6 | 3.1 | 13.5 | 6.9 | 16.6 | 37.8 | 17.5 | 8.9 | 15.4 | 46.1 |
| POTATOES----- | 2.9 | 3.8 | 2.4 | 2.4 | 5.6 | 1.0 | 3.9 | .1 | 5.7 | 1.8 | 7.0 | 10.5 |
| DARK GREEN----- | .5 | .1 | .1 | * | .1 | .3 | .5 | 2.9 | .3 | .3 | .1 | 3.3 |
| DEEP YELLOW----- | .4 | .2 | .1 | * | .3 | .3 | .4 | 13.2 | .3 | .2 | .2 | .5 |
| TOMATOES----- | 3.1 | 1.0 | 1.1 | .2 | 2.0 | 1.0 | 3.4 | 11.7 | 3.6 | 1.6 | 3.1 | 13.8 |
| OTHER----- | 7.2 | 2.7 | 3.6 | .5 | 5.4 | 4.2 | 8.2 | 8.3 | 7.5 | 4.9 | 4.7 | 17.7 |
| SOUP, MIXTURES----- | .3 | .1 | .2 | .1 | .2 | .1 | .2 | 1.6 | .1 | .1 | .2 | .2 |
| ALL FRUIT----- | 7.3 | 3.8 | 1.4 | .3 | 8.5 | 2.5 | 5.2 | 13.8 | 7.1 | 3.0 | 3.5 | 41.7 |
| CITRUS----- | 2.1 | 1.2 | .6 | .1 | 2.5 | 1.2 | 1.2 | 1.9 | 4.2 | .8 | 1.0 | 29.9 |
| OTHER VITAMIN C-RICH----- | .9 | .2 | .1 | * | .4 | .2 | .5 | 5.5 | .4 | .3 | .4 | 5.6 |
| OTHER----- | 4.3 | 2.5 | .7 | .2 | 5.6 | 1.1 | 3.5 | 6.4 | 2.5 | 1.9 | 2.1 | 6.2 |
| MIXTURES----- | * | * | * | * | * | * | * | * | * | * | * | * |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP--CONTINUED

NORTHEAST

RURAL NONFARM

| FOOD GROUP * | MONEY VALUE | FOOD ENERGY | PROTEIN | FAT | CARBO- HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO- FLAVIN | NIACIN | ASCORBIC ACID |
|--|----------------|----------------|---------|------|-------------------|---------|------|-----------------------|---------|-----------------|--------|------------------|
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) | (13) |
| PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME | | | | | | | | | | | | |
| GRAIN, ENRICHED OR WHOLE GRAIN----- | 6.7 | 15.1 | 14.4 | 3.2 | 25.9 | 10.9 | 24.5 | .1 | 33.1 | 15.1 | 17.6 | .5 |
| FLOUR----- | .3 | 1.7 | 1.4 | .2 | 3.1 | 1.2 | 2.3 | * | 3.3 | 1.6 | 1.7 | .0 |
| CEREAL, PASTES----- | 2.1 | 4.0 | 3.6 | .4 | 7.5 | 1.7 | 8.2 | * | 12.2 | 4.0 | 5.9 | .4 |
| BREAD----- | 3.3 | 8.0 | 8.2 | 2.0 | 13.1 | 7.2 | 12.5 | .0 | 15.3 | 8.3 | 8.9 | .0 |
| OTHER BAKERY PRODUCTS----- | .9 | 1.4 | 1.1 | .7 | 2.2 | .8 | 1.5 | .1 | 2.2 | 1.2 | 1.1 | .1 |
| GRAIN, NOT ENRICHED OR WHOLE GRAIN-- | 5.7 | 9.6 | 5.3 | 6.6 | 13.7 | 4.8 | 5.0 | 1.2 | 4.0 | 3.1 | 2.8 | .5 |
| FLOUR----- | .4 | .9 | .4 | .4 | 1.6 | 1.1 | .4 | * | .2 | .3 | .2 | .0 |
| CEREAL, PASTES----- | .1 | .3 | .3 | .1 | .6 | * | .3 | * | .4 | .1 | .2 | .0 |
| BREAD----- | .4 | .6 | .7 | .1 | 1.1 | .5 | .6 | * | .7 | .3 | .4 | .0 |
| OTHER BAKERY PRODUCTS----- | 3.9 | 7.1 | 3.4 | 5.5 | 9.6 | 2.8 | 3.1 | .7 | 2.1 | 2.0 | 1.6 | .2 |
| SOUP, MIXTURES----- | .9 | .7 | .6 | .5 | .8 | .4 | .6 | .5 | .5 | .4 | .6 | .3 |
| FATS, OILS----- | 3.8 | 13.1 | .3 | 30.8 | .4 | .8 | .3 | 13.6 | .1 | .2 | * | * |
| BUTTER----- | 1.5 | 2.7 | .1 | 6.5 | * | .2 | .0 | 5.3 | .0 | .0 | .0 | .0 |
| MARGARINE----- | .8 | 4.0 | .1 | 9.6 | * | .3 | .0 | 7.9 | .0 | .0 | .0 | .0 |
| OIL, SALAD DRESSING----- | 1.1 | 4.1 | .1 | 9.4 | .3 | .2 | .3 | .4 | .1 | .2 | * | * |
| LARD----- | .1 | .5 | .0 | 1.1 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| VEGETABLE SHORTENING----- | .4 | 1.8 | * | 4.2 | .1 | .0 | .0 | * | .0 | .0 | .0 | .0 |
| SUGAR, SWEETS----- | 6.5 | 11.2 | .8 | 1.2 | 24.3 | 3.1 | 3.5 | 1.1 | 1.1 | 1.2 | .7 | 6.1 |
| SUGAR, SIRUP, JELLY, CANDY----- | 3.2 | 8.9 | .5 | 1.2 | 19.0 | 2.3 | 3.2 | .1 | .6 | 1.0 | .5 | .3 |
| OTHER SWEETS-- | | | | | | | | | | | | |
| ADDED VITAMIN C----- | .6 | .6 | * | * | 1.4 | .5 | .2 | .9 | .5 | .1 | .1 | 5.5 |
| NO ADDED VITAMIN C----- | 2.7 | 1.7 | .3 | * | 3.8 | .2 | .1 | * | * | .1 | .1 | .3 |
| OTHER FOOD----- | 8.5 | 2.2 | .3 | .1 | 2.8 | 3.0 | 5.3 | .3 | .4 | 2.8 | 18.3 | .0 |
| ALCOHOLIC BEVERAGE----- | 4.5 | 1.3 | .2 | .0 | .7 | .3 | .1 | .0 | * | .8 | 1.4 | .0 |
| SOME NUTRITIVE VALUE----- | 3.4 | .9 | .1 | .1 | 2.1 | 2.7 | 5.2 | .3 | .4 | 1.9 | 16.8 | .0 |
| NO NUTRITIVE VALUE----- | .6 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |

TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP

NORTHEAST

RURAL NONFARM

| FOOD GROUP # | MONEY VALUE | FOOD ENERGY | PROTEIN | FAT | CARBO- HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO- FLAVIN | NIACIN | ASCORBIC ACID |
|--|----------------|----------------|---------|-------|-------------------|---------|------|-----------------------|---------|-----------------|--------|------------------|
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) | (13) |
| | | CAL | G | G | G | MG | MG | IU | MG | MG | MG | MG |
| ALL FOOD GROUPS, AVERAGE AMOUNT----- | | 3,311 | 108.9 | 158.1 | 367.6 | 1,227 | 18.7 | 7.830 | 1.55 | 2.53 | 26.4 | 94 |
| PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME | | | | | | | | | | | | |
| MILK, CREAM, CHEESE----- | 14.8 | 14.7 | 23.8 | 17.0 | 9.7 | 66.8 | 1.5 | 14.0 | 12.4 | 43.8 | 2.6 | 6.8 |
| MILK----- | 10.0 | 10.4 | 17.8 | 11.1 | 7.5 | 53.6 | .3 | 9.0 | 10.9 | 37.2 | 2.3 | 6.2 |
| CREAM, ICE CREAM----- | 2.1 | 2.0 | 1.3 | 2.6 | 1.7 | 3.9 | .2 | 2.2 | .8 | 2.7 | .1 | .4 |
| CHEESE----- | 2.5 | 2.1 | 4.6 | 3.1 | .3 | 9.0 | 1.0 | 2.6 | .4 | 3.7 | .1 | .0 |
| SOUP, MIXTURES----- | .2 | .1 | .1 | .1 | .1 | .3 | .1 | .2 | .2 | .3 | .1 | .2 |
| MEAT, POULTRY, FISH----- | 33.3 | 20.5 | 39.6 | 34.3 | .3 | 2.4 | 30.6 | 13.7 | 22.0 | 20.0 | 35.4 | .7 |
| BEEF----- | 13.8 | 8.4 | 16.8 | 14.0 | .0 | .9 | 14.6 | .4 | 3.1 | 5.9 | 13.1 | .0 |
| BACON, SALT PORK----- | 1.6 | 2.4 | .9 | 5.3 | * | .1 | .7 | .0 | 1.2 | .5 | .7 | .0 |
| OTHER PORK----- | 6.6 | 3.8 | 6.3 | 6.9 | * | .3 | 5.5 | .0 | 11.5 | 2.9 | 5.0 | .0 |
| LIVER----- | .3 | .1 | .5 | .1 | * | * | 1.4 | 10.4 | .3 | 3.3 | 1.2 | .6 |
| LUNCHMEAT, FRANKFURTERS----- | 3.2 | 2.3 | 3.3 | 4.2 | .1 | .2 | 3.0 | .6 | 3.4 | 2.5 | 3.0 | .0 |
| OTHER MEAT----- | 1.4 | .4 | 1.5 | .5 | * | .1 | .9 | * | .5 | 1.0 | 1.6 | * |
| POULTRY----- | 4.4 | 2.3 | 8.0 | 2.8 | .0 | .4 | 3.9 | 2.1 | 1.6 | 3.5 | 8.6 | * |
| FISH, SHELLFISH----- | 1.8 | .6 | 2.3 | .6 | .1 | .4 | .6 | .1 | .4 | .4 | 2.2 | * |
| OTHER PROTEIN FOOD----- | 5.1 | 4.8 | 8.8 | 7.1 | 1.6 | 3.3 | 8.5 | 6.8 | 5.0 | 5.9 | 6.4 | .3 |
| EGGS----- | 2.8 | 2.0 | 4.7 | 2.9 | .1 | 1.8 | 4.9 | 6.0 | 2.4 | 4.5 | .1 | .0 |
| DRY LEGUMES----- | .3 | .5 | .8 | .1 | .7 | .5 | 1.5 | .1 | .8 | .2 | .3 | .1 |
| NUTS, PEANUT BUTTER----- | 1.3 | 2.0 | 2.4 | 3.7 | .5 | .6 | 1.4 | * | 1.4 | .6 | 5.4 | * |
| SOUP, MIXTURES----- | .6 | .4 | .7 | .4 | .3 | .4 | .7 | .6 | .4 | .5 | .5 | .1 |
| ALL VEGETABLES----- | 10.4 | 6.0 | 5.7 | 1.7 | 11.1 | 5.1 | 13.8 | 44.1 | 13.2 | 6.4 | 12.2 | 45.5 |
| POTATOES----- | 1.6 | 3.1 | 2.2 | 1.1 | 5.4 | .7 | 3.8 | * | 5.5 | 1.6 | 6.5 | 13.5 |
| DARK GREEN----- | .6 | .1 | .2 | * | .1 | .5 | .6 | 4.8 | .4 | .4 | .2 | 4.4 |
| DEEP YELLOW----- | .9 | .4 | .3 | * | .9 | .6 | 1.0 | 24.2 | .8 | .7 | .5 | 2.3 |
| TOMATOES----- | 1.9 | .7 | .7 | .1 | 1.3 | .5 | 2.5 | 7.5 | 2.3 | .9 | 2.1 | 10.4 |
| OTHER----- | 4.9 | 1.5 | 2.0 | .2 | 3.0 | 2.6 | 5.6 | 5.1 | 3.9 | 2.6 | 2.5 | 14.4 |
| SOUP, MIXTURES----- | .5 | .2 | .3 | .1 | .3 | .2 | .4 | 2.6 | .2 | .2 | .4 | .5 |
| ALL FRUIT----- | 6.5 | 4.2 | 1.0 | .3 | 9.5 | 1.8 | 5.1 | 4.6 | 6.1 | 2.3 | 2.4 | 36.5 |
| CITRUS----- | 1.7 | 1.0 | .4 | .1 | 2.1 | .8 | .9 | 1.5 | 3.3 | .6 | .8 | 30.9 |
| OTHER VITAMIN C-RICH----- | .2 | .1 | * | * | .2 | * | .1 | .6 | .1 | .1 | .1 | 1.5 |
| OTHER----- | 4.6 | 3.1 | .6 | .2 | 7.2 | 1.0 | 4.0 | 2.5 | 2.8 | 1.6 | 1.5 | 6.1 |
| MIXTURES----- | * | * | * | * | * | * | * | * | * | * | * | * |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP--CONTINUED

NORTHEAST

RURAL NONFARM

| FOOD GROUP * | MONEY VALUE | FOOD ENERGY | PROTEIN | FAT | CARBO- HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO- FLAVIN | NIACIN | ASCORBIC ACID |
|--|----------------|----------------|---------|------|-------------------|---------|------|-----------------------|---------|-----------------|--------|------------------|
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) | (13) |
| PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME | | | | | | | | | | | | |
| GRAIN, ENRICHED OR WHOLE GRAIN----- | 6.9 | 16.2 | 14.7 | 3.2 | 28.6 | 10.1 | 26.4 | .1 | 36.2 | 15.4 | 18.8 | .4 |
| FLOUR----- | .6 | 3.3 | 2.9 | .3 | 6.2 | 1.4 | 4.7 | * | 6.8 | 3.0 | 3.5 | .0 |
| CEREAL, PASTES----- | 2.1 | 3.8 | 3.2 | .5 | 7.1 | 1.5 | 7.5 | * | 12.2 | 3.6 | 5.5 | .4 |
| BREAD----- | 3.5 | 8.0 | 8.0 | 2.0 | 13.6 | 6.7 | 13.0 | * | 15.9 | 8.1 | 9.0 | .0 |
| OTHER BAKERY PRODUCTS----- | .7 | 1.0 | .7 | .5 | 1.6 | .4 | 1.1 | * | 1.2 | .7 | .7 | * |
| GRAIN, NOT ENRICHED OR WHOLE GRAIN-- | 6.3 | 9.6 | 5.0 | 6.6 | 13.9 | 4.5 | 5.0 | 1.6 | 3.6 | 3.0 | 2.6 | .3 |
| FLOUR----- | .4 | 1.1 | .4 | .6 | 1.8 | .8 | .4 | * | .2 | .3 | .1 | .0 |
| CEREAL, PASTES----- | .1 | .2 | .1 | .1 | .3 | * | .1 | .0 | .2 | * | .1 | .0 |
| BREAD----- | .4 | .6 | .6 | .1 | 1.1 | .5 | .7 | * | .8 | .3 | .4 | .0 |
| OTHER BAKERY PRODUCTS----- | 4.2 | 6.6 | 3.0 | 4.9 | 9.4 | 2.5 | 3.1 | .8 | 1.8 | 1.8 | 1.4 | .0 |
| SOUP, MIXTURES----- | 1.3 | 1.1 | .8 | .9 | 1.4 | .6 | .7 | .8 | .5 | .5 | .6 | .3 |
| FATS, OILS----- | 3.7 | 12.2 | .3 | 28.6 | .3 | .6 | .1 | 13.9 | .1 | .1 | * | * |
| BUTTER----- | 1.4 | 2.6 | .1 | 6.1 | * | .2 | .0 | 5.0 | .0 | .0 | .0 | .0 |
| MARGARINE----- | 1.0 | 4.5 | .1 | 10.6 | * | .3 | .0 | 8.7 | .0 | .0 | .0 | .0 |
| OIL, SALAD DRESSING----- | .7 | 2.6 | .1 | 6.0 | .2 | .1 | .1 | .2 | .1 | .1 | * | * |
| LARD----- | * | .2 | * | .5 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| VEGETABLE SHORTENING----- | .5 | 2.3 | * | 5.4 | .1 | .0 | .0 | * | .0 | .0 | .0 | .0 |
| SUGAR, SWEETS----- | 5.6 | 10.2 | .8 | 1.2 | 22.4 | 2.5 | 3.6 | 1.2 | 1.2 | 1.0 | .8 | 7.6 |
| SUGAR, SIRUP, JELLY, CANDY----- | 3.3 | 8.5 | .6 | 1.2 | 18.6 | 1.9 | 3.3 | .1 | .9 | .9 | .7 | .3 |
| OTHER SWEETS-- | .5 | .4 | * | * | .9 | .4 | .2 | 1.1 | .3 | * | * | 7.0 |
| ADDED VITAMIN C----- | 1.8 | 1.3 | .2 | * | 2.9 | .1 | .1 | * | * | .1 | * | .3 |
| NO ADDED VITAMIN C----- | | | | | | | | | | | | |
| OTHER FOOD----- | 7.4 | 1.8 | .3 | .1 | 2.7 | 3.0 | 5.4 | .1 | .3 | 2.2 | 18.8 | .0 |
| ALCOHOLIC BEVERAGE----- | 3.3 | .8 | .1 | .0 | .4 | .2 | * | .0 | * | .5 | .9 | .0 |
| SOME NUTRITIVE VALUE----- | 3.5 | .9 | .2 | .1 | 2.2 | 2.8 | 5.3 | .1 | .2 | 1.7 | 17.9 | .0 |
| NO NUTRITIVE VALUE----- | .7 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |

TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP

NORTHEAST

RURAL NONFARM

| FOOD GROUP * | MONEY VALUE | FOOD ENERGY | PROTEIN | FAT | CARBO- HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO- FLAVIN | NIACIN | ASCORBIC ACID |
|--|----------------|----------------|---------|-------|-------------------|---------|-------|-----------------------|---------|-----------------|--------|------------------|
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) | (13) |
| | | CAL | G | G | G | MG | MG | IU | MG | MG | MG | MG |
| ALL FOOD GROUPS, AVERAGE AMOUNT----- | 3,383 | 111.3 | 155.9 | 389.1 | 1,217 | 20.4 | 7.040 | 1.70 | 2.55 | 26.5 | 107 | |
| PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME | | | | | | | | | | | | |
| MILK, CREAM, CHEESE----- | 13.9 | 13.8 | 22.1 | 16.5 | 9.1 | 64.6 | 1.4 | 14.9 | 11.1 | 41.7 | 2.6 | 5.9 |
| MILK----- | 9.5 | 10.0 | 16.8 | 11.0 | 7.0 | 52.2 | .3 | 9.8 | 9.7 | 35.7 | 2.2 | 5.2 |
| CREAM, ICE CREAM----- | 2.0 | 1.9 | 1.2 | 2.5 | 1.6 | 3.6 | .1 | 2.3 | .7 | 2.5 | .1 | .4 |
| CHEESE----- | 2.1 | 1.7 | 3.8 | 2.8 | .2 | 8.1 | .7 | 2.5 | .3 | 3.1 | .1 | .0 |
| SOUP, MIXTURES----- | .4 | .3 | .3 | .2 | .3 | .7 | .2 | .4 | .4 | .5 | .2 | .3 |
| MEAT, POULTRY, FISH----- | 34.2 | 19.6 | 38.4 | 34.0 | .3 | 2.7 | 28.6 | 12.7 | 19.8 | 19.9 | 34.6 | .6 |
| BEEF----- | 14.4 | 8.3 | 17.1 | 14.2 | .0 | .9 | 13.9 | .4 | 3.1 | 6.1 | 13.6 | .0 |
| BACON, SALT PORK----- | 1.6 | 2.1 | .8 | 4.8 | * | .1 | .6 | .0 | 1.0 | .4 | .6 | .0 |
| OTHER PORK----- | 5.9 | 3.5 | 5.5 | 6.5 | * | .3 | 4.5 | .0 | 9.7 | 2.6 | 4.5 | .0 |
| LIVER----- | .3 | .1 | .6 | .1 | * | * | 1.6 | 9.3 | .3 | 3.5 | 1.3 | .6 |
| LUNCHEAT, FRANKFURTERS----- | 3.8 | 2.7 | 3.8 | 5.1 | .1 | .2 | 3.3 | 1.0 | 3.6 | 3.0 | 3.6 | .3 |
| OTHER MEAT----- | 1.7 | .5 | 1.9 | .7 | * | .1 | 1.1 | .0 | .5 | 1.0 | 1.9 | .0 |
| POULTRY----- | 3.6 | 1.6 | 5.7 | 2.0 | .0 | .3 | 2.7 | 1.7 | 1.0 | 2.7 | 6.0 | * |
| FISH, SHELLFISH----- | 3.0 | .7 | 3.0 | .6 | .1 | .7 | .9 | .3 | .5 | .5 | 3.1 | * |
| OTHER PROTEIN FOOD----- | 5.2 | 5.0 | 9.2 | 7.2 | 2.0 | 3.4 | 8.6 | 7.6 | 5.0 | 5.8 | 7.1 | .4 |
| EGGS----- | 2.8 | 1.9 | 4.6 | 2.9 | .1 | 1.8 | 4.5 | 6.7 | 2.2 | 4.5 | .1 | .0 |
| DRY LEGUMES----- | .5 | .8 | 1.4 | .2 | 1.2 | .9 | 2.4 | .2 | 1.2 | .4 | .5 | .2 |
| NUTS, PEANUT BUTTER----- | 1.1 | 2.0 | 2.4 | 3.7 | .5 | .6 | 1.2 | * | 1.3 | .6 | 5.7 | * |
| SOUP, MIXTURES----- | .5 | .3 | .5 | .3 | .2 | .1 | .4 | .6 | .3 | .2 | .4 | .1 |
| ALL VEGETABLES----- | 10.4 | 6.6 | 5.9 | 2.2 | 11.5 | 5.1 | 13.5 | 40.8 | 12.8 | 6.1 | 13.3 | 40.2 |
| POTATOES----- | 2.1 | 3.7 | 2.6 | 1.6 | 6.2 | .9 | 4.3 | * | 6.2 | 2.0 | 7.9 | 14.5 |
| DARK GREEN----- | .4 | * | .1 | * | .1 | .3 | .5 | 3.8 | .2 | .3 | .1 | 2.0 |
| DEEP YELLOW----- | .5 | .3 | .2 | * | .6 | .4 | .5 | 19.8 | .5 | .3 | .3 | 1.3 |
| TOMATOES----- | 2.1 | .8 | .8 | .2 | 1.5 | .6 | 2.6 | 9.4 | 2.4 | 1.0 | 2.4 | 9.7 |
| OTHER----- | 5.0 | 1.5 | 2.0 | .3 | 2.9 | 2.8 | 5.3 | 5.9 | 3.4 | 2.4 | 2.3 | 12.4 |
| SOUP, MIXTURES----- | .4 | .2 | .2 | .1 | .2 | .1 | .2 | 1.9 | .2 | .1 | .2 | .3 |
| ALL FRUIT----- | 6.6 | 4.2 | 1.3 | .3 | 9.3 | 2.7 | 4.8 | 5.8 | 6.9 | 2.5 | 2.8 | 47.2 |
| CITRUS----- | 2.4 | 1.4 | .7 | .1 | 2.9 | 1.8 | 1.4 | 2.6 | 4.7 | 1.0 | 1.2 | 40.6 |
| OTHER VITAMIN C-RICH----- | .2 | .1 | * | * | .2 | * | .1 | * | * | .1 | .1 | 1.2 |
| OTHER----- | 4.0 | 2.8 | .6 | .2 | 6.2 | .9 | 3.3 | 3.2 | 2.2 | 1.5 | 1.6 | 5.3 |
| MIXTURES----- | * | * | * | * | * | * | * | * | * | * | * | .1 |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP--CONTINUED

NORTHEAST

RURAL NONFARM

| FOOD GROUP * | MONEY VALUE | FOOD ENERGY | PROTEIN | FAT | CARBO- HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO- FLAVIN | NIACIN | ASCORBI ACID |
|--|----------------|----------------|---------|------|-------------------|---------|------|-----------------------|---------|-----------------|--------|-----------------|
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) | (13) |
| PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME | | | | | | | | | | | | |
| GRAIN, ENRICHED OR WHOLE GRAIN----- | 7.5 | 17.7 | 16.4 | 3.5 | 30.1 | 11.1 | 29.7 | .1 | 38.3 | 17.1 | 20.7 | .4 |
| FLOUR----- | .7 | 3.6 | 3.1 | .2 | 6.6 | 1.4 | 4.8 | * | 7.0 | 3.3 | 4.0 | .0 |
| CEREAL, PASTES----- | 2.6 | 5.1 | 4.7 | .8 | 9.0 | 2.4 | 11.7 | .1 | 15.2 | 4.9 | 6.9 | .4 |
| BREAD----- | 3.7 | 8.1 | 8.0 | 2.1 | 13.2 | 6.9 | 12.3 | * | 15.0 | 8.2 | 9.2 | .0 |
| OTHER BAKERY PRODUCTS----- | .6 | .8 | .6 | .4 | 1.2 | .4 | .8 | * | 1.1 | .6 | .6 | .0 |
| GRAIN, NOT ENRICHED OR WHOLE GRAIN-- | 6.0 | 9.3 | 5.2 | 6.5 | 13.1 | 4.4 | 4.8 | 1.4 | 4.1 | 3.0 | 3.0 | .4 |
| FLOUR----- | .7 | 1.6 | .6 | 1.1 | 2.5 | 1.3 | .6 | * | .3 | .4 | .3 | .0 |
| CEREAL, PASTES----- | .1 | .3 | .3 | .1 | .6 | * | .3 | .0 | .6 | .1 | .2 | .0 |
| BREAD----- | .4 | .7 | .7 | .1 | 1.2 | .5 | .6 | * | .7 | .3 | .4 | .0 |
| OTHER BAKERY PRODUCTS----- | 3.6 | 5.8 | 2.8 | 4.5 | 7.8 | 2.0 | 2.6 | .6 | 1.8 | 1.6 | 1.4 | * |
| SOUP, MIXTURES----- | 1.1 | .9 | .8 | .8 | 1.0 | .6 | .7 | .8 | .6 | .6 | .7 | .4 |
| FATS, OILS----- | 3.4 | 11.7 | .3 | 28.1 | .4 | .6 | .1 | 14.7 | .1 | .1 | * | * |
| BUTTER----- | 1.2 | 2.1 | .1 | 5.2 | * | .2 | .0 | 4.7 | .0 | .0 | .0 | .0 |
| MARGARINE----- | .9 | 4.4 | .1 | 10.9 | * | .3 | .0 | 9.7 | .0 | .0 | .0 | .0 |
| OIL, SALAD DRESSING----- | .7 | 2.2 | .1 | 5.1 | .2 | .1 | .1 | .3 | .1 | .1 | * | * |
| LARD----- | .1 | .5 | .0 | 1.3 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| VEGETABLE SHORTENING----- | .6 | 2.4 | * | 5.7 | .1 | .0 | .0 | * | .0 | .0 | .0 | .0 |
| SUGAR, SWEETS----- | 6.1 | 10.4 | 1.0 | 1.6 | 21.8 | 2.6 | 3.3 | 1.4 | 1.1 | 1.2 | .8 | 4.9 |
| SUGAR, SIRUP, JELLY, CANDY----- | 3.2 | 8.3 | .6 | 1.4 | 17.2 | 2.1 | 3.0 | .1 | .9 | 1.0 | .7 | .2 |
| OTHER SWEETS-- | | | | | | | | | | | | |
| ADDED VITAMIN C----- | .4 | .3 | * | * | .7 | .3 | .1 | 1.2 | .2 | * | * | 4.5 |
| NO ADDED VITAMIN C----- | 2.5 | 1.8 | .4 | .1 | 3.8 | .1 | .2 | * | * | .1 | * | .2 |
| OTHER FOOD----- | 6.6 | 1.7 | .3 | .2 | 2.5 | 2.7 | 5.2 | .6 | .8 | 2.6 | 15.0 | .0 |
| ALCOHOLIC BEVERAGE----- | 2.8 | .7 | .1 | .0 | .3 | .1 | * | .0 | * | .4 | .7 | .0 |
| SOME NUTRITIVE VALUE----- | 3.3 | 1.0 | .2 | .2 | 2.2 | 2.6 | 5.2 | .6 | .8 | 2.2 | 14.3 | .0 |
| NO NUTRITIVE VALUE----- | .5 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |

TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP ALL SOURCES

NORTHEAST
NORTHEAST

RURAL FA
RURA

| FOOD GROUP * | MONEY VALUE | FOOD ENERGY | PROTEIN | FAT | CARBO- HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO- FLAVIN | NIACIN | AS |
|--|----------------|----------------|---------|-------|-------------------|---------|-------|-----------------------|---------|-----------------|--------|------|
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) | (13) |
| | | CAL | G | G | G | MG | MG | IU | MG | MG | MG | |
| ALL FOOD GROUPS, AVERAGE AMOUNT----- | 3,648 | 113.9 | 163.4 | 440.2 | 1,227 | 21.0 | 8,390 | 1.78 | 2.66 | 26.7 | | |
| PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME | | | | | | | | | | | | |
| MILK, CREAM, CHEESE----- | 15.1 | 13.6 | 22.0 | 17.3 | 8.3 | 64.7 | 1.0 | 13.8 | 10.8 | 41.2 | 2.6 | |
| MILK----- | 10.0 | 9.6 | 16.8 | 11.7 | 6.1 | 52.4 | .1 | 9.2 | 9.4 | 34.9 | 2.2 | |
| CREAM, ICE CREAM----- | 2.9 | 2.3 | 1.6 | 3.1 | 1.9 | 4.8 | .2 | 2.5 | .9 | 3.2 | .2 | |
| CHEESE----- | 1.9 | 1.5 | 3.6 | 2.5 | .1 | 7.1 | .6 | 2.0 | .3 | 2.9 | .1 | |
| SOUP, MIXTURES----- | .2 | .1 | .1 | .1 | .1 | .4 | .1 | .1 | .2 | .3 | .1 | |
| MEAT, POULTRY, FISH----- | 30.3 | 17.6 | 36.1 | 31.5 | .2 | 2.6 | 26.6 | 14.2 | 16.9 | 18.4 | 33.3 | |
| BEEF----- | 14.5 | 8.0 | 17.8 | 14.0 | .0 | 1.0 | 14.4 | .4 | 3.0 | 6.2 | 14.5 | |
| BACON, SALT PORK----- | 1.3 | 2.0 | .8 | 4.6 | * | .1 | .6 | .0 | .9 | .4 | .6 | |
| OTHER PORK----- | 4.9 | 2.8 | 4.8 | 5.3 | * | .3 | 3.9 | .0 | 8.1 | 2.2 | 4.0 | |
| LIVER----- | .4 | .1 | .6 | .1 | * | * | 1.2 | 11.7 | .3 | 3.6 | 1.4 | |
| LUNCHMEAT, FRANKFURTERS----- | 3.4 | 2.3 | 3.4 | 4.5 | .1 | .2 | 2.7 | .3 | 2.9 | 2.4 | 3.1 | |
| OTHER MEAT----- | .7 | .2 | .8 | .3 | * | * | .6 | .0 | .3 | .5 | 1.0 | |
| POULTRY----- | 3.1 | 1.5 | 5.2 | 2.0 | * | .3 | 2.4 | 1.7 | .9 | 2.5 | 6.0 | * |
| FISH, SHELLFISH----- | 2.1 | .7 | 2.8 | .7 | * | .7 | .7 | .1 | .4 | .5 | 2.7 | * |
| OTHER PROTEIN FOOD----- | 5.0 | 4.8 | 9.6 | 7.1 | 1.7 | 3.7 | 9.2 | 7.7 | 5.0 | 6.6 | 5.9 | |
| EGGS----- | 3.2 | 2.3 | 5.8 | 3.6 | .1 | 2.3 | 5.6 | 7.2 | 2.6 | 5.5 | .2 | |
| DRY LEGUMES----- | .4 | .7 | 1.3 | .2 | 1.0 | .8 | 2.3 | .1 | 1.2 | .4 | .5 | |
| NUTS, PEANUT BUTTER----- | 1.0 | 1.6 | 2.1 | 3.2 | .4 | .5 | 1.0 | * | 1.0 | .5 | 4.8 | * |
| SOUP, MIXTURES----- | .3 | .1 | .3 | .1 | .1 | .1 | .2 | .3 | .2 | .1 | .2 | |
| ALL VEGETABLES----- | 13.4 | 7.2 | 7.1 | 1.9 | 12.4 | 5.8 | 14.9 | 40.1 | 15.6 | 7.7 | 16.2 | 47 |
| POTATOES----- | 2.8 | 4.0 | 3.1 | 1.2 | 6.6 | 1.1 | 4.9 | * | 7.2 | 2.3 | 9.6 | 17 |
| DARK GREEN----- | .5 | .1 | .2 | * | .1 | .5 | .7 | 4.5 | .3 | .4 | .1 | 3 |
| DEEP YELLOW----- | .7 | .3 | .2 | * | .6 | .6 | .7 | 21.0 | .6 | .4 | .4 | 1 |
| TOMATOES----- | 2.5 | .7 | .7 | .1 | 1.2 | .6 | 2.3 | 8.0 | 2.4 | 1.0 | 2.3 | 10 |
| OTHER----- | 6.7 | 2.1 | 2.7 | .4 | 3.8 | 3.0 | 6.2 | 5.5 | 5.1 | 3.4 | 3.6 | 15 |
| SOUP, MIXTURES----- | .2 | .1 | .1 | .1 | .1 | .1 | .1 | 1.1 | .1 | .1 | .2 | |
| ALL FRUIT----- | 8.5 | 4.2 | 1.3 | .4 | 8.8 | 2.6 | 5.3 | 8.4 | 6.2 | 2.9 | 3.1 | 40 |
| CITRUS----- | 1.8 | .9 | .5 | .1 | 1.9 | 1.1 | .9 | 1.5 | 3.2 | .6 | .9 | 28 |
| OTHER VITAMIN C-RICH----- | .9 | .2 | .1 | * | .4 | .2 | .4 | 2.9 | .3 | .3 | .3 | 5 |
| OTHER----- | 5.7 | 3.1 | .7 | .3 | 6.5 | 1.3 | 3.9 | 4.0 | 2.7 | 2.0 | 1.9 | 7 |
| MIXTURES----- | * | * | * | * | * | * | * | * | * | * | * | * |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP ALL SOURCES--CONTINUED

NORTHEAST

RURAL FARM

| FOOD GROUP * | MONEY VALUE | FOOD ENERGY | PROTEIN | FAT | CARBO- HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO- FLAVIN | NIACIN | ASCORBIC ACID |
|--|----------------|----------------|---------|------|-------------------|---------|------|-----------------------|---------|-----------------|--------|------------------|
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) | (13) |
| PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME | | | | | | | | | | | | |
| GRAIN, ENKICHD OR WHOLE GRAIN----- | 7.8 | 19.6 | 18.8 | 3.5 | 32.4 | 11.1 | 31.6 | .1 | 41.5 | 18.2 | 23.6 | .2 |
| FLOUR----- | 1.2 | 7.3 | 6.7 | .5 | 12.7 | 2.0 | 10.2 | * | 14.4 | 6.8 | 8.6 | .0 |
| CEREAL, PASTES----- | 2.4 | 4.3 | 4.0 | .7 | 7.4 | 2.1 | 9.3 | .1 | 12.5 | 3.4 | 5.7 | .2 |
| BREAD----- | 3.5 | 7.1 | 7.4 | 1.9 | 11.0 | 6.5 | 11.3 | * | 13.5 | 7.4 | 8.7 | .0 |
| OTHER BAKERY PRODUCTS----- | .6 | .9 | .6 | .5 | 1.2 | .5 | .8 | * | 1.1 | .6 | .6 | * |
| GRAIN, NOT ENRICHED OR WHOLE GRAIN-- | 4.7 | 7.0 | 3.8 | 4.9 | 9.7 | 3.3 | 3.6 | .8 | 2.7 | 2.1 | 2.1 | .4 |
| FLOUR----- | .5 | 1.2 | .5 | .6 | 1.9 | 1.0 | .4 | * | .2 | .3 | .2 | .0 |
| CEREAL, PASTES----- | .2 | .4 | .4 | .1 | .8 | .1 | .4 | * | .7 | .1 | .3 | .0 |
| BREAD----- | .3 | .4 | .4 | .1 | .6 | .3 | .4 | .0 | .4 | .2 | .2 | .0 |
| OTHER BAKERY PRODUCTS----- | 3.0 | 4.4 | 2.1 | 3.6 | 5.7 | 1.7 | 2.1 | .4 | 1.2 | 1.3 | 1.1 | .1 |
| SOUP, MIXTURES----- | .7 | .6 | .4 | .5 | .7 | .2 | .3 | .4 | .3 | .2 | .3 | .2 |
| FATS, OILS----- | 4.1 | 12.9 | .3 | 32.1 | .3 | .7 | .1 | 14.3 | .1 | .1 | * | * |
| BUTTER----- | 1.6 | 2.6 | .1 | 6.6 | * | .2 | .0 | 5.2 | .0 | .0 | .0 | .0 |
| MARGARINE----- | .9 | 4.5 | .1 | 11.2 | * | .4 | .0 | 8.9 | .0 | .0 | .0 | .0 |
| OIL, SALAD DRESSING----- | .8 | 2.7 | .1 | 6.3 | .3 | .1 | .1 | .3 | .1 | .1 | * | * |
| LARD----- | .2 | 1.0 | * | 2.4 | * | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| VEGETABLE SHORTENING----- | .5 | 2.3 | * | 5.7 | * | .0 | .0 | * | .0 | .0 | .0 | .0 |
| SUGAR, SWEETS----- | 6.0 | 11.9 | .7 | 1.1 | 24.5 | 2.7 | 3.8 | .6 | .8 | 1.0 | .6 | 4.2 |
| SUGAR, SIRUP, JELLY, CANDY----- | 4.1 | 10.5 | .5 | 1.0 | 21.6 | 2.3 | 3.5 | .1 | .6 | .9 | .5 | .3 |
| OTHER SWEETS-- | | | | | | | | | | | | |
| ADDED VITAMIN C----- | .4 | .3 | * | * | .7 | .3 | .1 | .4 | .2 | * | * | 3.7 |
| NU ADDED VITAMIN C----- | 1.6 | 1.0 | .3 | * | 2.2 | .1 | .1 | * | * | .1 | * | .2 |
| OTHER FOOD----- | 5.1 | 1.1 | .3 | .2 | 1.7 | 2.8 | 3.8 | .1 | .4 | 1.8 | 12.8 | .0 |
| ALCOHOLIC BEVERAGE----- | 1.6 | .4 | * | .0 | .2 | .1 | * | .0 | * | .2 | .4 | .0 |
| SOME NUTRITIVE VALUE----- | 3.0 | .7 | .3 | .2 | 1.6 | 2.7 | 3.8 | .1 | .4 | 1.6 | 12.4 | .0 |
| NU NUTRITIVE VALUE----- | .5 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |

TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP ALL SOURCES

NORTHEAST

RURAL FARM

| FOOD GROUP * | MONEY VALUE | FOOD ENERGY | PROTEIN | FAT | CARBO- HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO- FLAVIN | NIACIN | ASCORBIC ACID |
|--|----------------|----------------|---------|-------|-------------------|---------|------|-----------------------|---------|-----------------|--------|------------------|
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) | (13) |
| | | CAL | G | G | G | MG | MG | IU | MG | MG | MG | MG |
| ALL FOOD GROUPS, AVERAGE AMOUNT----- | | 3,449 | 109.3 | 160.6 | 399.2 | 1,163 | 20.2 | 7,430 | 1.63 | 2.50 | 25.6 | 101 |
| PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME | | | | | | | | | | | | |
| MILK, CREAM, CHEESE----- | 14.8 | 13.8 | 21.7 | 16.9 | 8.8 | 63.5 | 1.1 | 14.9 | 11.0 | 40.9 | 2.5 | 6.0 |
| MILK----- | 9.4 | 9.3 | 15.8 | 10.9 | 6.1 | 50.0 | * | 9.5 | 9.2 | 33.5 | 2.1 | 5.2 |
| CREAM, ICE CREAM----- | 3.2 | 2.7 | 1.9 | 3.5 | 2.3 | 5.8 | .2 | 3.1 | 1.1 | 3.9 | .2 | .5 |
| CHEESE----- | 2.0 | 1.5 | 3.8 | 2.2 | .2 | 7.1 | .6 | 2.0 | .4 | 3.1 | * | .0 |
| SOUP, MIXTURES----- | .3 | .2 | .2 | .2 | .2 | .6 | .1 | .2 | .3 | .4 | .1 | .2 |
| MEAT, POULTRY, FISH----- | 31.3 | 19.9 | 39.3 | 34.5 | .2 | 2.8 | 29.0 | 17.1 | 20.6 | 21.0 | 36.0 | .7 |
| BEEF----- | 14.9 | 8.8 | 19.1 | 14.8 | .0 | 1.0 | 15.2 | .5 | 3.5 | 6.8 | 15.6 | .0 |
| BACON, SALT PORK----- | 1.3 | 2.5 | .9 | 5.5 | * | .1 | .7 | .0 | 1.2 | .5 | .7 | .0 |
| OTHER PORK----- | 5.6 | 3.7 | 6.3 | 6.9 | * | .3 | 5.1 | .0 | 11.1 | 3.0 | 5.3 | .0 |
| LIVER----- | .3 | .1 | .6 | * | * | * | 1.3 | 13.5 | .3 | 3.9 | 1.5 | .7 |
| LUNCHMEAT, FRANKFURTERS----- | 3.2 | 2.4 | 3.4 | 4.4 | .1 | .2 | 2.8 | .8 | 3.0 | 2.8 | 3.2 | .0 |
| OTHER MEAT----- | .6 | .2 | .6 | .2 | * | * | .4 | .0 | .2 | .3 | .8 | .0 |
| POULTRY----- | 3.2 | 1.5 | 5.3 | 1.9 | * | .3 | 2.5 | 2.2 | .8 | 3.1 | 6.0 | * |
| FISH, SHELLFISH----- | 2.2 | .7 | 2.9 | .7 | * | .8 | .8 | .1 | .5 | .6 | 3.0 | * |
| OTHER PROTEIN FOOD----- | 5.0 | 4.9 | 9.6 | 7.1 | 1.8 | 3.7 | 9.0 | 8.1 | 5.2 | 6.6 | 6.5 | .3 |
| EGGS----- | 3.0 | 2.2 | 5.6 | 3.4 | .1 | 2.2 | 5.4 | 7.5 | 2.7 | 5.4 | .2 | .0 |
| DRY LEGUMES----- | .4 | .7 | 1.3 | .2 | 1.0 | .9 | 2.3 | .1 | 1.2 | .4 | .5 | .1 |
| NUTS, PEANUT BUTTER----- | 1.0 | 1.8 | 2.3 | 3.3 | .5 | .5 | 1.1 | * | 1.0 | .5 | 5.4 | * |
| SOUP, MIXTURES----- | .3 | .2 | .3 | .2 | .1 | .1 | .3 | .4 | .2 | .2 | .2 | * |
| ALL VEGETABLES----- | 11.9 | 6.6 | 6.2 | 1.8 | 11.7 | 5.6 | 13.5 | 37.3 | 14.2 | 6.4 | 14.3 | 41.8 |
| POTATOES----- | 3.2 | 4.0 | 3.0 | 1.4 | 6.9 | 1.1 | 4.8 | * | 7.3 | 2.3 | 9.4 | 17.8 |
| DARK GREEN----- | .5 | * | .2 | * | .1 | .8 | 1.0 | 8.5 | .4 | .5 | .2 | 2.7 |
| DEEP YELLOW----- | .5 | .2 | .1 | * | .4 | .3 | .4 | 15.2 | .3 | .2 | .2 | .8 |
| TOMATOES----- | 1.7 | .6 | .6 | .1 | 1.2 | .5 | 1.9 | 6.8 | 1.9 | .8 | 1.9 | 7.6 |
| OTHER----- | 5.8 | 1.6 | 2.0 | .2 | 3.0 | 2.8 | 5.2 | 5.3 | 4.1 | 2.5 | 2.4 | 12.8 |
| SOUP, MIXTURES----- | .3 | .1 | .1 | * | .1 | * | .2 | 1.6 | .1 | * | .2 | .2 |
| ALL FRUIT----- | 8.3 | 4.0 | 1.2 | .3 | 8.7 | 2.8 | 5.5 | 6.6 | 6.0 | 2.9 | 3.0 | 46.5 |
| CITRUS----- | 1.9 | .9 | .5 | * | 1.9 | 1.2 | 1.0 | 1.6 | 3.3 | .6 | .9 | 29.1 |
| OTHER VITAMIN C-RICH----- | 1.5 | .3 | .1 | * | .6 | .3 | .9 | 1.1 | .4 | .5 | .5 | 11.0 |
| OTHER----- | 4.8 | 2.8 | .6 | .2 | 6.1 | 1.3 | 3.6 | 3.9 | 2.3 | 1.7 | 1.6 | 6.4 |
| MIXTURES----- | * | * | * | * | * | * | * | * | * | * | * | * |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP

ALL SOURCES--CONTINUED

NORTHEAST

RURAL FARM

| FOOD GROUP * | MONEY VALUE | FOOD ENERGY | PROTEIN | FAT | CARBO- HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO- FLAVIN | NIACIN | ASCORBIC ACID |
|--|----------------|----------------|---------|------|-------------------|---------|------|-----------------------|---------|-----------------|--------|------------------|
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) | (13) |
| PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME | | | | | | | | | | | | |
| GRAIN, ENRICHED OR WHOLE GRAIN----- | 7.6 | 17.6 | 16.7 | 3.3 | 30.2 | 11.3 | 30.1 | * | 39.0 | 16.9 | 21.7 | .5 |
| FLOUR----- | .9 | 5.0 | 4.4 | .4 | 8.9 | 1.6 | 6.7 | * | 10.1 | 4.7 | 5.7 | .0 |
| CEREAL, PASTES----- | 2.4 | 4.4 | 4.1 | .6 | 7.9 | 2.5 | 11.0 | * | 13.2 | 3.7 | 6.5 | .4 |
| BREAD----- | 3.7 | 7.4 | 7.6 | 1.9 | 12.0 | 6.7 | 11.5 | * | 14.5 | 7.8 | 8.9 | .0 |
| OTHER BAKERY PRODUCTS----- | .6 | .9 | .6 | .5 | 1.3 | .5 | .9 | * | 1.2 | .7 | .7 | * |
| GRAIN, NOT ENRICHED OR WHOLE GRAIN-- | 4.9 | 7.4 | 4.0 | 5.0 | 10.6 | 3.8 | 3.6 | 1.0 | 2.7 | 2.2 | 2.2 | .3 |
| FLOUR----- | .5 | 1.1 | .4 | .6 | 1.9 | 1.1 | .3 | * | .2 | .3 | .2 | .0 |
| CEREAL, PASTES----- | .1 | .3 | .2 | * | .4 | * | .2 | * | .3 | * | .1 | .0 |
| BREAD----- | .3 | .4 | .4 | * | .7 | .4 | .4 | .0 | .4 | .2 | .3 | .0 |
| OTHER BAKERY PRODUCTS----- | 3.2 | 5.1 | 2.5 | 3.8 | 6.9 | 2.1 | 2.3 | .5 | 1.3 | 1.4 | 1.2 | * |
| SOUP, MIXTURES----- | .8 | .5 | .4 | .5 | .6 | .2 | .4 | .4 | .4 | .3 | .4 | .3 |
| FATS, OILS----- | 4.0 | 12.4 | .3 | 29.6 | .3 | .6 | .1 | 13.9 | * | .1 | * | * |
| BUTTER----- | 1.8 | 3.0 | * | 7.2 | * | .2 | .0 | 6.4 | .0 | .0 | .0 | .0 |
| MARGARINE----- | .8 | 3.4 | * | 8.2 | * | .3 | .0 | 7.3 | .0 | .0 | .0 | .0 |
| OIL, SALAD DRESSING----- | .7 | 2.5 | * | 5.7 | .2 | .1 | .1 | .3 | * | .1 | * | * |
| LARD----- | .2 | 1.4 | * | 3.4 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| VEGETABLE SHORTENING----- | .5 | 2.1 | * | 5.0 | * | .0 | .0 | * | .0 | .0 | .0 | .0 |
| SUGAR, SWEETS----- | 6.4 | 12.2 | .8 | 1.4 | 25.9 | 3.1 | 4.0 | .8 | .8 | 1.1 | .5 | 4.1 |
| SUGAR, SIRUP, JELLY, CANDY----- | 4.4 | 11.0 | .6 | 1.4 | 23.2 | 2.7 | 3.8 | .2 | .7 | 1.1 | .4 | .3 |
| OTHER SWEETS-- | | | | | | | | | | | | |
| ADDED VITAMIN C----- | .4 | .3 | * | * | .6 | .4 | .1 | .6 | .2 | * | * | 3.6 |
| NO ADDED VITAMIN C----- | 1.6 | .9 | .2 | * | 2.1 | * | * | * | * | * | * | * |
| OTHER FOOD----- | 5.8 | 1.2 | .3 | .2 | 1.8 | 2.7 | 4.1 | .2 | .4 | 1.8 | 13.3 | .0 |
| ALCOHOLIC BEVERAGE----- | 2.1 | .4 | * | .0 | .2 | * | * | .0 | * | .3 | .5 | .0 |
| SOME NUTRITIVE VALUE----- | 3.1 | .7 | .2 | .2 | 1.6 | 2.6 | 4.0 | .2 | .4 | 1.6 | 12.8 | .0 |
| NO NUTRITIVE VALUE----- | .5 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |

| FOOD GROUP * | MONEY VALUE | FOOD ENERGY | PROTEIN | FAT | CARBO- HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO- FLAVIN | NIACIN | ASCORBIC ACID |
|--|----------------|----------------|---------|-------|-------------------|---------|-------|-----------------------|---------|-----------------|--------|------------------|
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) | (13) |
| | | CAL | G | G | G | MG | MG | IU | MG | MG | MG | MG |
| ALL FOOD GROUPS, AVERAGE AMOUNT----- | 3,657 | 112.1 | 155.4 | 465.5 | 1,101 | 21.2 | 8,630 | 1.87 | 2.52 | 26.9 | 124 | |
| PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME | | | | | | | | | | | | |
| MILK, CREAM, CHEESE----- | 13.2 | 11.7 | 19.0 | 15.8 | 6.8 | 60.5 | 1.1 | 11.7 | 8.6 | 36.0 | 2.1 | 4.4 |
| MILK----- | 8.2 | 7.4 | 13.4 | 9.1 | 4.6 | 46.0 | .2 | 6.6 | 7.1 | 28.9 | 1.7 | 3.7 |
| CREAM, ICE CREAM----- | 2.9 | 2.7 | 1.8 | 3.9 | 2.1 | 5.8 | .2 | 2.9 | 1.0 | 3.6 | .2 | .5 |
| CHEESE----- | 1.9 | 1.5 | 3.7 | 2.7 | .1 | 8.2 | .6 | 2.0 | .3 | 3.1 | .1 | .0 |
| SOUP, MIXTURES----- | .3 | .1 | .1 | .1 | .1 | .4 | .1 | .2 | .3 | .3 | .2 | .3 |
| MEAT, POULTRY, FISH----- | 26.3 | 15.4 | 33.9 | 28.5 | .2 | 2.8 | 23.6 | 6.4 | 14.4 | 15.7 | 29.4 | .2 |
| BEEF----- | 13.1 | 7.3 | 17.2 | 13.2 | .0 | 1.0 | 13.6 | .3 | 2.8 | 6.2 | 13.6 | .0 |
| BACON, SALT PORK----- | .9 | 1.5 | .5 | 3.6 | * | .1 | .4 | .0 | .6 | .3 | .4 | .0 |
| OTHER PORK----- | 3.7 | 2.2 | 4.2 | 4.2 | * | .2 | 3.3 | .0 | 6.7 | 2.0 | 3.5 | .0 |
| LIVER----- | .1 | * | .2 | * | * | * | .3 | 4.1 | .1 | 1.2 | .4 | .2 |
| LUNCHMEAT, FRANKFURTERS----- | 3.2 | 2.2 | 3.3 | 4.6 | .1 | .2 | 2.6 | .0 | 2.8 | 2.3 | 2.9 | .0 |
| OTHER MEAT----- | .4 | .1 | .4 | .2 | * | * | .3 | .0 | .1 | .2 | .4 | .0 |
| POULTRY----- | 2.7 | 1.4 | 5.1 | 2.0 | * | .3 | 2.5 | 1.8 | .8 | 2.9 | 5.4 | * |
| FISH, SHELLFISH----- | 2.2 | .6 | 2.9 | .6 | * | .9 | .7 | .2 | .4 | .6 | 2.8 | * |
| OTHER PROTEIN FOOD----- | 4.8 | 5.1 | 10.6 | 7.7 | 1.8 | 4.4 | 10.1 | 7.9 | 5.2 | 7.5 | 6.0 | .1 |
| EGGS----- | 3.2 | 2.5 | 6.5 | 4.2 | .1 | 2.8 | 6.1 | 7.7 | 2.8 | 6.4 | .2 | .0 |
| DRY LEGUMES----- | .4 | .9 | 1.7 | .2 | 1.2 | 1.1 | 2.9 | .1 | 1.5 | .6 | .7 | .1 |
| NUTS, PEANUT BUTTER----- | 1.0 | 1.6 | 2.1 | 3.3 | .4 | .6 | 1.0 | * | .9 | .5 | 5.0 | * |
| SOUP, MIXTURES----- | .1 | .1 | .2 | * | * | * | * | .1 | * | * | * | * |
| ALL VEGETABLES----- | 18.0 | 8.5 | 8.8 | 2.5 | 14.1 | 7.6 | 17.3 | 42.2 | 18.5 | 11.0 | 19.4 | 54.6 |
| POTATOES----- | 3.4 | 4.1 | 3.2 | 1.5 | 6.3 | 1.2 | 4.9 | .0 | 7.0 | 2.5 | 9.6 | 15.8 |
| DARK GREEN----- | .8 | .1 | .2 | * | .1 | .6 | .9 | 4.8 | .4 | .5 | .2 | 4.7 |
| DEEP YELLOW----- | .6 | .2 | .2 | * | .4 | .5 | .6 | 18.5 | .4 | .3 | .3 | .9 |
| TOMATOES----- | 3.5 | .8 | 1.0 | .2 | 1.3 | 1.0 | 2.6 | 9.9 | 3.0 | 1.5 | 2.7 | 14.3 |
| OTHER----- | 9.6 | 3.3 | 4.2 | .7 | 5.8 | 4.2 | 8.2 | 8.0 | 7.7 | 6.2 | 6.4 | 18.8 |
| SOUP, MIXTURES----- | .2 | .1 | .1 | * | .1 | .1 | .1 | .9 | .1 | .1 | .1 | .1 |
| ALL FRUIT----- | 9.4 | 3.8 | 1.4 | .4 | 7.5 | 2.7 | 5.4 | 15.6 | 5.5 | 3.5 | 3.7 | 36.5 |
| CITRUS----- | 1.5 | .7 | .3 | * | 1.3 | .8 | .7 | 1.1 | 2.3 | .5 | .6 | 19.3 |
| OTHER VITAMIN C-RICH----- | 1.4 | .3 | .2 | * | .5 | .4 | .6 | 8.4 | .5 | .4 | .6 | 8.2 |
| OTHER----- | 6.4 | 2.9 | .9 | .3 | 5.7 | 1.6 | 4.1 | 6.2 | 2.7 | 2.6 | 2.4 | 9.0 |
| MIXTURES----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |

BY FOOD GROUP

ALL SOURCES--CONTINUED

| FOOD GROUP * | MONEY VALUE | FOOD ENERGY | PROTEIN | FAT | CARBO- HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO- FLAVIN | NIACIN | ASCORBIC ACID |
|--|----------------|----------------|---------|------|-------------------|---------|------|-----------------------|---------|-----------------|--------|------------------|
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) | (13) |
| PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME | | | | | | | | | | | | |
| GRAIN, ENRICHED OR WHOLE GRAIN----- | 8.0 | 21.5 | 21.1 | 4.1 | 33.7 | 12.0 | 32.6 | .1 | 44.2 | 21.0 | 25.7 | .2 |
| FLOUR----- | 1.4 | 9.1 | 8.5 | .6 | 14.9 | 1.9 | 12.5 | .0 | 17.1 | 8.9 | 10.6 | .0 |
| CEREAL, PASTES----- | 2.4 | 4.5 | 4.4 | .9 | 7.3 | 2.4 | 8.3 | .1 | 13.4 | 3.9 | 5.9 | .1 |
| BREAD----- | 3.3 | 6.7 | 7.3 | 1.9 | 9.9 | 7.1 | 10.7 | * | 12.3 | 7.3 | 8.3 | .0 |
| OTHER BAKERY PRODUCTS----- | .8 | 1.2 | .9 | .7 | 1.6 | .7 | 1.1 | .1 | 1.4 | .9 | .9 | * |
| GRAIN, NOT ENRICHED OR WHOLE GRAIN-- | 5.1 | 7.5 | 4.0 | 5.8 | 9.6 | 3.9 | 3.5 | 1.2 | 2.5 | 2.3 | 2.0 | .4 |
| FLOUR----- | .5 | 1.1 | .5 | .7 | 1.5 | .9 | .3 | * | .1 | .3 | .1 | .0 |
| CEREAL, PASTES----- | .1 | .4 | .3 | .1 | .6 | * | .3 | * | .5 | .1 | .2 | .0 |
| BREAD----- | .3 | .4 | .4 | .1 | .6 | .4 | .4 | .0 | .4 | .2 | .3 | .0 |
| OTHER BAKERY PRODUCTS----- | 3.2 | 4.7 | 2.3 | 4.0 | 5.8 | 2.2 | 2.1 | .5 | 1.2 | 1.5 | 1.0 | .0 |
| SOUP, MIXTURES----- | .9 | 1.0 | .5 | 1.0 | 1.1 | .4 | .4 | .7 | .3 | .3 | .3 | .4 |
| FATS, OILS----- | 4.0 | 13.1 | .3 | 34.2 | .4 | .9 | .2 | 14.7 | .1 | .2 | * | * |
| BUTTER----- | 1.6 | 2.5 | .1 | 6.8 | * | .2 | .0 | 5.0 | .0 | .0 | .0 | .0 |
| MARGARINE----- | 1.0 | 4.8 | .1 | 12.8 | * | .4 | .0 | 9.4 | .0 | .0 | .0 | .0 |
| OIL, SALAD DRESSING----- | .9 | 3.1 | .1 | 7.7 | .3 | .2 | .2 | .3 | .1 | .2 | * | * |
| LARD----- | .1 | .6 | * | 1.5 | * | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| VEGETABLE SHORTENING----- | .4 | 2.1 | * | 5.4 | * | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| SUGAR, SHEETS----- | 6.2 | 12.5 | .7 | .9 | 24.7 | 2.4 | 3.0 | .2 | .6 | 1.0 | .6 | 3.6 |
| SUGAR, SIRUP, JELLY, CANDY----- | 4.0 | 11.0 | .4 | .9 | 21.7 | 2.0 | 2.8 | .1 | .4 | .9 | .4 | .3 |
| OTHER SHEETS-- | | | | | | | | | | | | |
| ADDED VITAMIN C----- | .5 | .5 | * | * | 1.0 | .3 | .1 | * | .1 | .1 | .1 | 2.9 |
| NO ADDED VITAMIN C----- | 1.6 | 1.0 | .2 | * | 2.0 | .1 | .1 | * | * | .1 | * | .3 |
| OTHER FOOD----- | 5.0 | .8 | .3 | .1 | 1.3 | 2.7 | 3.2 | .1 | .4 | 1.8 | 11.1 | .0 |
| ALCOHOLIC BEVERAGE----- | 1.4 | .2 | * | .0 | .1 | .1 | .0 | .0 | .0 | .2 | .3 | .0 |
| SOME NUTRITIVE VALUE----- | 2.9 | .6 | .2 | .1 | 1.2 | 2.6 | 3.2 | .1 | .4 | 1.7 | 10.8 | .0 |
| NO NUTRITIVE VALUE----- | .7 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |

TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP ALL SOURCES

NORTHEAST

RURAL FARM

| FOOD GROUP * | MONEY VALUE | FOOD ENERGY | PROTEIN | FAT | CARBO- HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO- FLAVIN | NIACIN | ASCORBIC ACID |
|--|----------------|----------------|---------|-------|-------------------|---------|-------|-----------------------|---------|-----------------|--------|------------------|
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) | (13) |
| | | CAL | G | G | G | MG | MG | IU | MG | MG | MG | MG |
| ALL FOOD GROUPS, AVERAGE AMOUNT----- | 3,641 | 118.1 | 163.6 | 431.5 | 1,403 | 20.6 | 9,390 | 1.76 | 2.89 | 25.8 | 116 | |
| PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME | | | | | | | | | | | | |
| MILK, CREAM, CHEESE----- | 19.5 | 16.3 | 25.6 | 20.7 | 10.0 | 69.0 | 1.0 | 14.7 | 13.5 | 46.5 | 3.2 | 6.8 |
| MILK----- | 13.7 | 12.3 | 20.5 | 15.0 | 7.9 | 58.1 | .1 | 10.5 | 12.1 | 40.7 | 2.9 | 6.4 |
| CREAM, ICE CREAM----- | 3.7 | 2.2 | 1.5 | 2.8 | 1.9 | 4.2 | .2 | 2.0 | .9 | 2.9 | .2 | .4 |
| CHEESE----- | 2.0 | 1.7 | 3.5 | 2.8 | .1 | 6.5 | .7 | 2.0 | .3 | 2.7 | .1 | .0 |
| SOUP, MIXTURES----- | .2 | .1 | .1 | .1 | .1 | .2 | .1 | .1 | .1 | .2 | * | * |
| MEAT, POULTRY, FISH----- | 30.0 | 17.4 | 35.5 | 30.6 | .3 | 2.4 | 27.9 | 14.4 | 17.0 | 18.1 | 35.4 | .8 |
| BEEF----- | 13.5 | 7.8 | 17.3 | 13.3 | .0 | .8 | 14.8 | .3 | 3.1 | 5.8 | 15.0 | .0 |
| BACON, SALT PORK----- | 1.3 | 1.7 | .6 | 3.8 | * | .1 | .5 | .0 | .8 | .3 | .5 | .0 |
| OTHER PORK----- | 5.2 | 2.7 | 4.5 | 5.1 | * | .2 | 3.8 | .0 | 7.9 | 2.0 | 3.9 | .0 |
| LIVER----- | .6 | .2 | .8 | .1 | * | * | 1.9 | 12.2 | .4 | 4.4 | 1.9 | .8 |
| LUNCHMEAT, FRANKFURTERS----- | 3.4 | 2.3 | 3.3 | 4.5 | .1 | .2 | 2.8 | .4 | 2.9 | 2.3 | 3.2 | .0 |
| OTHER MEAT----- | .6 | .2 | .6 | .4 | * | * | .6 | .0 | .4 | .5 | .9 | .0 |
| POULTRY----- | 3.5 | 1.8 | 5.6 | 2.6 | .0 | .3 | 2.7 | 1.5 | 1.2 | 2.2 | 7.2 | .0 |
| FISH, SHELLFISH----- | 1.9 | .8 | 2.8 | .8 | .1 | .7 | .8 | .1 | .4 | .6 | 2.9 | .0 |
| OTHER PROTEIN FOOD----- | 5.3 | 4.8 | 9.2 | 7.0 | 1.8 | 3.2 | 9.3 | 6.9 | 5.2 | 6.0 | 5.8 | .4 |
| EGGS----- | 3.1 | 2.2 | 5.4 | 3.5 | .1 | 1.9 | 5.5 | 6.2 | 2.6 | 4.9 | .2 | .0 |
| DRY LEGUMES----- | .4 | .7 | 1.2 | .2 | 1.0 | .7 | 2.2 | .1 | 1.2 | .4 | .6 | .1 |
| NUTS, PEANUT BUTTER----- | .9 | 1.5 | 1.9 | 3.0 | .4 | .4 | 1.1 | * | 1.0 | .5 | 4.5 | * |
| SOUP, MIXTURES----- | .5 | .3 | .4 | .3 | .2 | .1 | .3 | .4 | .2 | .2 | .3 | .1 |
| ALL VEGETABLES----- | 11.7 | 6.8 | 6.5 | 1.8 | 11.9 | 5.4 | 14.6 | 47.2 | 14.7 | 6.7 | 15.1 | 47.1 |
| POTATOES----- | 2.2 | 3.7 | 2.7 | 1.2 | 6.2 | .9 | 4.6 | * | 6.7 | 2.0 | 9.0 | 15.2 |
| DARK GREEN----- | .3 | * | .1 | * | .1 | .3 | .4 | 2.1 | .2 | .2 | .1 | 2.2 |
| DEEP YELLOW----- | 1.4 | .7 | .5 | .1 | 1.3 | 1.0 | 1.4 | 34.0 | 1.2 | 1.0 | .9 | 3.2 |
| TOMATOES----- | 2.4 | .6 | .6 | .1 | 1.1 | .5 | 2.0 | 6.5 | 2.1 | .9 | 2.1 | 9.3 |
| OTHER----- | 5.3 | 1.7 | 2.3 | .3 | 3.1 | 2.8 | 6.0 | 3.8 | 4.4 | 2.5 | 2.8 | 17.1 |
| SOUP, MIXTURES----- | .2 | .1 | .1 | * | .1 | * | .1 | .7 | .1 | .1 | .1 | .1 |
| ALL FRUIT----- | 7.6 | 4.5 | 1.2 | .3 | 9.6 | 2.1 | 5.2 | 3.8 | 7.0 | 2.4 | 2.7 | 40.2 |
| CITRUS----- | 1.8 | 1.2 | .6 | .1 | 2.4 | 1.1 | 1.1 | 1.8 | 4.1 | .7 | 1.1 | 33.3 |
| OTHER VITAMIN C-RICH----- | .3 | .1 | * | * | .2 | * | .1 | .1 | * | .1 | .1 | 1.4 |
| OTHER----- | 5.6 | 3.2 | .6 | .2 | 7.0 | 1.0 | 4.0 | 1.8 | 2.8 | 1.7 | 1.5 | 5.4 |
| MIXTURES----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 6.--MONEY VALUE AND NUTRIENTS

BY FOOD GROUP

ALL SOURCES--CONTINUED

| FOOD GROUP * | MONEY VALUE | FOOD ENERGY | PROTEIN | FAT | CARBO- HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO- FLAVIN | NIACIN | ASCORBIC ACID |
|--|----------------|----------------|---------|------|-------------------|---------|------|-----------------------|---------|-----------------|--------|------------------|
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) | (13) |
| PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME | | | | | | | | | | | | |
| GRAIN, ENRICHED OR WHOLE GRAIN----- | 7.1 | 18.4 | 16.9 | 3.2 | 30.9 | 9.9 | 30.8 | .1 | 38.4 | 15.8 | 23.0 | .1 |
| FLOUR----- | 1.1 | 6.6 | 5.8 | .4 | 11.7 | 2.2 | 9.4 | .0 | 13.3 | 5.8 | 8.0 | .0 |
| CEREAL, PASTES----- | 2.1 | 3.8 | 3.3 | .5 | 6.7 | 1.6 | 9.0 | .1 | 10.2 | 2.6 | 5.3 | .1 |
| BREAD----- | 3.5 | 7.4 | 7.4 | 1.9 | 11.7 | 5.8 | 11.9 | * | 14.2 | 7.2 | 9.3 | .0 |
| OTHER BAKERY PRODUCTS----- | .4 | .6 | .4 | .4 | .9 | .3 | .5 | * | .8 | .4 | .4 | .0 |
| GRAIN, NOT ENRICHED OR WHOLE GRAIN-- | 4.6 | 7.3 | 3.8 | 4.9 | 10.4 | 3.0 | 3.6 | .6 | 2.8 | 2.0 | 2.1 | .6 |
| FLOUR----- | .6 | 1.7 | .9 | .6 | 2.7 | 1.2 | .6 | * | .4 | .4 | .3 | .0 |
| CEREAL, PASTES----- | .2 | .5 | .4 | .1 | .9 | .1 | .4 | * | .7 | .1 | .3 | .0 |
| BREAD----- | .1 | .2 | .2 | * | .3 | .1 | .2 | .0 | .2 | .1 | .1 | .0 |
| OTHER BAKERY PRODUCTS----- | 3.3 | 4.7 | 2.1 | 3.8 | 6.1 | 1.4 | 2.2 | .5 | 1.4 | 1.3 | 1.1 | .5 |
| SOUP, MIXTURES----- | .5 | .4 | .2 | .3 | .4 | .1 | .2 | .1 | .2 | .1 | .2 | .1 |
| FATS, OILS----- | 3.6 | 12.2 | .3 | 30.1 | .3 | .6 | .1 | 11.9 | .1 | .1 | .0 | .0 |
| BUTTER----- | 1.4 | 2.2 | .1 | 5.4 | * | .2 | .0 | 3.9 | .0 | .0 | .0 | .0 |
| MARGARINE----- | .8 | 4.3 | .1 | 10.9 | * | .3 | .0 | 7.7 | .0 | .0 | .0 | .0 |
| OIL, SALAD DRESSING----- | .8 | 2.8 | .1 | 6.7 | .3 | .1 | .1 | .3 | .1 | .1 | .0 | .0 |
| LARD----- | .1 | .8 | .0 | 2.1 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| VEGETABLE SHORTENING----- | .5 | 2.0 | * | 5.0 | * | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| SUGAR, SWEETS----- | 5.2 | 10.9 | .6 | 1.0 | 22.8 | 2.2 | 3.4 | .6 | 1.1 | .8 | .6 | 3.9 |
| SUGAR, SIRUP, JELLY, CANDY----- | 3.5 | 9.6 | .5 | 1.0 | 20.0 | 1.9 | 3.2 | .1 | .7 | .7 | .5 | .2 |
| OTHER SWEETS-- | | | | | | | | | | | | |
| ADDED VITAMIN C----- | .3 | .2 | * | * | .5 | .3 | .1 | .6 | .4 | * | * | 3.7 |
| NO ADDED VITAMIN C----- | 1.4 | 1.1 | .2 | * | 2.3 | .1 | .1 | .0 | * | * | * | .0 |
| OTHER FOOD----- | 5.4 | 1.4 | .5 | .3 | 2.0 | 2.3 | 4.0 | * | .3 | 1.5 | 12.0 | .0 |
| ALCOHOLIC BEVERAGE----- | 2.3 | .6 | .1 | .0 | .2 | .1 | * | .0 | * | .2 | .5 | .0 |
| SOME NUTRITIVE VALUE----- | 2.5 | .8 | .4 | .3 | 1.7 | 2.2 | 4.0 | * | .3 | 1.3 | 11.5 | .0 |
| NO NUTRITIVE VALUE----- | .5 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |

TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP ALL SOURCES

NORTHEAST

RURAL FARM

| FOOD GROUP # | MONEY VALUE | FOOD ENERGY | PROTEIN | FAT | CARBO- HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO- FLAVIN | NIACIN | ASCORBIC ACID |
|--|----------------|----------------|---------|-------|-------------------|---------|-------|-----------------------|---------|-----------------|--------|------------------|
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) | (13) |
| | | CAL | G | G | G | MG | MG | IU | MG | MG | MG | MG |
| ALL FOOD GROUPS, AVERAGE AMOUNT----- | 3,829 | 116.7 | 175.7 | 454.8 | 1,289 | 21.5 | 8,120 | 1.84 | 2.78 | 28.1 | 104 | |
| PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME | | | | | | | | | | | | |
| MILK, CREAM, CHEESE----- | 13.8 | 13.5 | 22.8 | 16.7 | 8.3 | 66.0 | .9 | 14.6 | 11.3 | 42.4 | 2.6 | 6.8 |
| MILK----- | 9.7 | 10.4 | 18.3 | 12.4 | 6.6 | 55.7 | * | 10.9 | 10.2 | 37.3 | 2.4 | 6.4 |
| CREAM, ICE CREAM----- | 2.1 | 1.7 | 1.2 | 2.0 | 1.5 | 3.6 | .2 | 1.8 | .7 | 2.4 | .1 | .4 |
| CHEESE----- | 1.8 | 1.3 | 3.2 | 2.2 | .1 | 6.6 | .6 | 1.9 | .3 | 2.6 | .1 | .0 |
| SOUP, MIXTURES----- | .2 | .1 | .1 | .1 | .1 | .2 | .1 | .1 | * | .1 | .1 | * |
| MEAT, POULTRY, FISH----- | 34.8 | 18.5 | 36.5 | 33.0 | .2 | 2.3 | 26.9 | 21.7 | 17.0 | 19.7 | 33.8 | 1.1 |
| BEEF----- | 16.6 | 8.5 | 17.8 | 14.9 | .0 | .9 | 14.3 | .5 | 3.0 | 6.1 | 14.2 | .0 |
| BACON, SALT PORK----- | 2.0 | 2.4 | 1.0 | 5.4 | * | .1 | .7 | .0 | 1.2 | .5 | .7 | .0 |
| OTHER PORK----- | 5.4 | 2.8 | 4.5 | 5.5 | * | .2 | 3.7 | .0 | 7.4 | 2.1 | 3.6 | .0 |
| LIVER----- | .6 | .2 | .9 | .1 | .1 | * | 1.6 | 19.6 | .4 | 5.3 | 2.0 | 1.0 |
| LUNCHMEAT, FRANKFURTERS----- | 3.9 | 2.3 | 3.4 | 4.4 | .1 | .2 | 2.8 | .0 | 3.1 | 2.2 | 3.1 | .0 |
| OTHER MEAT----- | 1.0 | .4 | 1.4 | .6 | * | .1 | 1.0 | .0 | .6 | 1.0 | 2.1 | .0 |
| POULTRY----- | 3.1 | 1.4 | 4.9 | 1.8 | * | .2 | 2.1 | 1.5 | .8 | 2.0 | 5.8 | .0 |
| FISH, SHELLFISH----- | 2.0 | .6 | 2.6 | .6 | * | .4 | .7 | .1 | .4 | .4 | 2.3 | * |
| OTHER PROTEIN FOOD----- | 5.2 | 4.4 | 8.8 | 6.6 | 1.3 | 3.3 | 8.3 | 7.8 | 4.5 | 6.1 | 5.2 | .3 |
| EGGS----- | 3.4 | 2.1 | 5.6 | 3.3 | .1 | 2.1 | 5.4 | 7.3 | 2.5 | 5.2 | .2 | .0 |
| DRY LEGUMES----- | .4 | .5 | .9 | .1 | .7 | .6 | 1.6 | .1 | .8 | .3 | .4 | .1 |
| NUTS, PEANUT BUTTER----- | 1.0 | 1.6 | 2.0 | 3.0 | .4 | .5 | 1.1 | * | .9 | .5 | 4.4 | * |
| SOUP, MIXTURES----- | .3 | .1 | .2 | .2 | .1 | .1 | .2 | .3 | .2 | .1 | .2 | .1 |
| ALL VEGETABLES----- | 10.3 | 6.4 | 6.3 | 1.3 | 11.4 | 4.5 | 13.5 | 32.6 | 13.8 | 5.9 | 14.8 | 44.0 |
| POTATOES----- | 2.3 | 4.0 | 3.3 | .9 | 7.0 | 1.1 | 5.3 | .0 | 7.7 | 2.5 | 10.0 | 20.8 |
| DARK GREEN----- | .2 | * | .1 | * | * | .3 | .4 | 3.0 | .2 | .2 | .1 | 1.4 |
| DEEP YELLOW----- | .5 | .3 | .2 | * | .5 | .4 | .5 | 16.1 | .4 | .3 | .3 | 1.3 |
| TOMATOES----- | 1.9 | .6 | .7 | .1 | 1.2 | .5 | 2.4 | 8.2 | 2.1 | .9 | 2.2 | 10.0 |
| OTHER----- | 5.0 | 1.4 | 1.8 | .2 | 2.6 | 2.2 | 4.7 | 4.1 | 3.2 | 2.0 | 2.0 | 10.3 |
| SOUP, MIXTURES----- | .3 | .1 | .2 | .1 | .1 | .1 | .2 | 1.3 | .1 | .1 | .1 | .2 |
| ALL FRUIT----- | 8.2 | 4.6 | 1.2 | .4 | 9.8 | 2.8 | 5.1 | 5.0 | 6.5 | 2.7 | 2.7 | 42.1 |
| CITRUS----- | 2.1 | 1.0 | .5 | .1 | 2.1 | 1.3 | 1.1 | 1.8 | 3.5 | .7 | .9 | 34.6 |
| OTHER VITAMIN C-RICH----- | .1 | .1 | * | * | .1 | * | .1 | * | * | * | * | .7 |
| OTHER----- | 5.9 | 3.5 | .7 | .3 | 7.6 | 1.4 | 4.0 | 3.2 | 2.9 | 1.9 | 1.7 | 6.8 |
| MIXTURES----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP ALL SOURCES--CONTINUED

NORTHEAST

RURAL FARM

| FOOD GROUP * | MONEY VALUE | FOOD ENERGY | PROTEIN | FAT | CARBO- HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO- FLAVIN | NIACIN | ASCORBIC ACID |
|--|----------------|----------------|---------|------|-------------------|---------|------|-----------------------|---------|-----------------|--------|------------------|
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) | (13) |
| PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME | | | | | | | | | | | | |
| GRAIN, ENRICHED OR WHOLE GRAIN----- | 8.2 | 20.1 | 19.4 | 3.4 | 33.7 | 11.3 | 32.6 | .1 | 42.8 | 18.4 | 23.1 | .2 |
| FLOUR----- | 1.5 | 7.9 | 7.3 | .5 | 14.0 | 2.4 | 11.0 | .0 | 15.6 | 7.3 | 9.0 | .0 |
| CEREAL, PASTES----- | 2.5 | 4.5 | 4.2 | .7 | 7.8 | 2.0 | 9.4 | .1 | 12.7 | 3.2 | 5.1 | .2 |
| BREAD----- | 3.7 | 7.0 | 7.4 | 1.8 | 11.0 | 6.4 | 11.4 | .0 | 13.5 | 7.4 | 8.5 | .0 |
| OTHER BAKERY PRODUCTS----- | .5 | .7 | .5 | .4 | .9 | .4 | .7 | * | 1.0 | .5 | .5 | .0 |
| GRAIN, NOT ENRICHED OR WHOLE GRAIN-- | 4.1 | 5.9 | 3.5 | 3.9 | 8.5 | 2.6 | 3.7 | .6 | 3.0 | 1.8 | 2.2 | .2 |
| FLOUR----- | .5 | 1.1 | .4 | .6 | 1.7 | .8 | .4 | .0 | .2 | .3 | .1 | .0 |
| CEREAL, PASTES----- | .3 | .6 | .6 | .1 | 1.1 | .1 | .7 | * | 1.1 | .2 | .4 | .0 |
| BREAD----- | .4 | .5 | .5 | .1 | .8 | .4 | .5 | .0 | .5 | .3 | .3 | .0 |
| OTHER BAKERY PRODUCTS----- | 2.2 | 3.4 | 1.7 | 2.7 | 4.5 | 1.1 | 1.7 | .3 | 1.0 | .9 | .9 | .1 |
| SOUP, MIXTURES----- | .6 | .3 | .4 | .3 | .3 | .2 | .3 | .3 | .2 | .2 | .4 | .2 |
| FATS, OILS----- | 4.7 | 13.9 | .3 | 33.7 | .3 | .7 | .1 | 16.8 | .1 | .1 | * | * |
| BUTTER----- | 1.8 | 2.7 | .1 | 6.7 | * | .2 | .0 | 5.9 | .0 | .0 | .0 | .0 |
| MARGARINE----- | 1.1 | 5.0 | .1 | 12.2 | * | .4 | .0 | 10.7 | .0 | .0 | .0 | .0 |
| OIL, SALAD DRESSING----- | .8 | 2.2 | .1 | 5.1 | .2 | .1 | .1 | .2 | .1 | .1 | * | * |
| LARD----- | .2 | 1.1 | .0 | 2.7 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| VEGETABLE SHORTENING----- | .7 | 2.9 | * | 7.0 | * | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| SUGAR, SWEETS----- | 6.3 | 11.6 | .8 | .9 | 24.4 | 3.2 | 4.7 | .8 | .8 | 1.0 | .6 | 5.4 |
| SUGAR, SIRUP, JELLY, CANDY----- | 4.3 | 10.2 | .4 | .9 | 21.3 | 2.8 | 4.4 | .1 | .6 | .9 | .5 | .2 |
| OTHER SWEETS----- | .4 | .3 | * | * | .6 | .3 | .1 | .7 | .1 | * | * | 4.8 |
| ADDED VITAMIN C----- | .4 | .3 | * | * | .6 | .3 | .1 | .7 | .1 | * | * | 4.8 |
| NO ADDED VITAMIN C----- | 1.6 | 1.2 | .4 | .1 | 2.4 | .1 | .2 | * | * | .1 | .1 | .3 |
| OTHER FOOD----- | 4.5 | 1.1 | .3 | .1 | 2.0 | 3.3 | 4.2 | * | .5 | 1.9 | 15.0 | .0 |
| ALCOHOLIC BEVERAGE----- | .8 | .3 | * | .0 | .2 | .1 | .0 | .0 | * | .2 | .3 | .0 |
| SOME NUTRITIVE VALUE----- | 3.3 | .9 | .3 | .1 | 1.9 | 3.3 | 4.2 | * | .4 | 1.8 | 14.7 | .0 |
| NO NUTRITIVE VALUE----- | .4 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP HOME-PRODUCED

NORTHEAST

RURAL FARM

| FOOD GROUP * | MONEY VALUE | FOOD ENERGY | PROTEIN | FAT | CARBO- HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO- FLAVIN | NIACIN | ASCORBIC ACID |
|--|----------------|----------------|---------|------|-------------------|---------|------|-----------------------|---------|-----------------|--------|------------------|
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) | (13) |
| | | CAL | G | G | G | MG | MG | IU | MG | MG | MG | MG |
| ALL FOOD GROUPS, AVERAGE AMOUNT----- | | 622 | 30.7 | 34.2 | 50.5 | 443 | 4.0 | 2,930 | .32 | .89 | 4.9 | 29 |
| PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME | | | | | | | | | | | | |
| MILK, CREAM, CHEESE----- | 6.5 | 6.1 | 10.2 | 7.9 | 3.7 | 31.5 | * | 6.2 | 5.7 | 21.1 | 1.4 | 3.2 |
| MILK----- | 6.2 | 5.9 | 10.1 | 7.4 | 3.7 | 31.3 | * | 5.8 | 5.7 | 21.0 | 1.4 | 3.2 |
| CREAM, ICE CREAM----- | .3 | .2 | .1 | .5 | * | .2 | * | .4 | * | .1 | * | * |
| CHEESE----- | * | * | * | * | * | * | * | * | * | * | * | .0 |
| SOUP, MIXTURES----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| MEAT, POULTRY, FISH----- | 9.9 | 5.6 | 11.6 | 10.0 | * | .7 | 9.2 | 8.0 | 4.3 | 6.6 | 10.7 | .4 |
| BEEF----- | 6.8 | 3.7 | 8.0 | 6.6 | .0 | .4 | 6.4 | .2 | 1.4 | 2.8 | 6.5 | .0 |
| BACON, SALT PORK----- | .3 | .4 | .1 | .9 | * | * | .1 | .0 | .2 | .1 | .1 | .0 |
| OTHER PORK----- | 1.4 | .8 | 1.3 | 1.5 | * | .1 | 1.0 | .0 | 2.1 | .6 | 1.1 | .0 |
| LIVER----- | .3 | .1 | .4 | * | * | * | .7 | 7.3 | .2 | 2.2 | .8 | .4 |
| LUNCHMEAT, FRANKFURTERS----- | * | * | * | * | * | * | * | .0 | * | * | * | .0 |
| OTHER MEAT----- | .4 | .1 | .4 | .2 | * | * | .3 | .0 | .2 | .4 | .7 | .0 |
| POULTRY----- | .6 | .4 | 1.1 | .7 | * | .1 | .5 | .5 | .2 | .5 | 1.3 | .0 |
| FISH, SHELLFISH----- | .2 | .1 | .3 | * | .0 | * | .1 | * | .1 | .1 | .1 | .0 |
| OTHER PROTEIN FOOD----- | 1.1 | 1.0 | 2.3 | 1.3 | .3 | .9 | 2.6 | 2.4 | 1.2 | 2.0 | .2 | * |
| EGGS----- | 1.0 | .8 | 1.9 | 1.2 | * | .7 | 1.9 | 2.4 | .9 | 1.8 | .1 | .0 |
| DRY LEGUMES----- | .1 | .2 | .4 | * | .3 | .2 | .6 | * | .3 | .1 | .1 | * |
| NUTS, PEANUT BUTTER----- | .1 | * | * | .1 | * | * | * | * | * | * | * | * |
| SOUP, MIXTURES----- | * | * | * | * | * | * | * | * | * | * | * | .0 |
| ALL VEGETABLES----- | 5.9 | 2.4 | 2.6 | .3 | 4.4 | 2.2 | 5.6 | 15.4 | 5.8 | 3.2 | 5.6 | 18.1 |
| POTATOES----- | .8 | .9 | .8 | * | 1.7 | .3 | 1.3 | .0 | 1.9 | .6 | 2.5 | 4.8 |
| DARK GREEN----- | .3 | * | .1 | * | * | .2 | .3 | 2.1 | .1 | .2 | .1 | 1.5 |
| DEEP YELLOW----- | .3 | .1 | .1 | * | .2 | .2 | .3 | 7.3 | .2 | .2 | .1 | .5 |
| TOMATOES----- | 1.2 | .2 | .3 | * | .3 | .3 | .8 | 3.2 | 1.0 | .4 | .8 | 5.2 |
| OTHER----- | 3.4 | 1.1 | 1.4 | .2 | 2.1 | 1.2 | 2.9 | 2.7 | 2.6 | 1.8 | 2.0 | 6.1 |
| SOUP, MIXTURES----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| ALL FRUIT----- | 2.2 | .8 | .2 | .1 | 1.7 | .4 | 1.1 | 2.3 | .7 | .6 | .5 | 4.4 |
| CITRUS----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| OTHER VITAMIN C-RICH----- | .5 | .1 | * | * | .2 | .1 | .2 | 1.8 | .1 | .1 | .2 | 2.8 |
| OTHER----- | 1.7 | .7 | .2 | .1 | 1.5 | .3 | .8 | .5 | .6 | .5 | .4 | 1.5 |
| MIXTURES----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 6.—MONEY VALUE AND NUTRIENTS
BY FOOD GROUP HOME-PRODUCED--CONTINUED

NORTHEAST

RURAL FARM

| FOOD GROUP * | MONEY VALUE | FOOD ENERGY | PROTEIN | FAT | CARBO- HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO- FLAVIN | NIACIN | ASCORBIC ACID |
|--|----------------|----------------|---------|-----|-------------------|---------|------|-----------------------|---------|-----------------|--------|------------------|
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) | (13) |
| PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME | | | | | | | | | | | | |
| GRAIN, ENRICHED OR WHOLE GRAIN----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| FLOUR----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| CEREAL, PASTES----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| BREAD----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| OTHER BAKERY PRODUCTS----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| GRAIN, NOT ENRICHED OR WHOLE GRAIN-- | * | * | * | * | * | * | * | * | * | * | * | .0 |
| FLOUR----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| CEREAL, PASTES----- | * | * | * | * | * | * | * | * | * | * | * | .0 |
| BREAD----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| OTHER BAKERY PRODUCTS----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| SOUP, MIXTURES----- | * | * | * | * | * | * | * | * | * | * | * | .0 |
| FATS, OILS----- | .2 | .6 | * | 1.4 | * | * | .0 | .5 | .0 | .0 | .0 | .0 |
| BUTTER----- | .2 | .2 | * | .6 | * | * | .0 | .5 | .0 | .0 | .0 | .0 |
| MARGARINE----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| OIL, SALAD DRESSING----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| LARD----- | * | .3 | * | .8 | * | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| VEGETABLE SHORTENING----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| SUGAR, SWEETS----- | .6 | .6 | * | * | 1.3 | .3 | .4 | * | * | .1 | * | .1 |
| SUGAR, SIRUP, JELLY, CANDY----- | .6 | .6 | * | * | 1.3 | .3 | .4 | * | * | .1 | * | .1 |
| OTHER SWEETS-- | | | | | | | | | | | | |
| ADDED VITAMIN C----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| NO ADDED VITAMIN C----- | * | * | .0 | .0 | * | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| OTHER FOOD----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| ALCOHOLIC BEVERAGE----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| SOME NUTRITIVE VALUE----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| NO NUTRITIVE VALUE----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP HOME-PRODUCED

NORTHEAST

RURAL FARM

| FOOD GROUP * | MONEY VALUE | FOOD ENERGY | PROTEIN | FAT | CARBO- HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO- FLAVIN | NIACIN | ASCORBIC ACID |
|--|----------------|----------------|---------|------|-------------------|---------|------|-----------------------|---------|-----------------|--------|------------------|
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) | (13) |
| | | CAL | G | G | G | MG | MG | IU | MG | MG | MG | MG |
| ALL FOOD GROUPS, AVERAGE AMOUNT----- | | 606 | 30.2 | 38.4 | 35.5 | 389 | 3.5 | 2,080 | .26 | .78 | 4.6 | 19 |
| PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME | | | | | | | | | | | | |
| MILK, CREAM, CHEESE----- | 6.1 | 5.8 | 9.5 | 7.2 | 3.6 | 29.7 | * | 6.3 | 5.6 | 20.0 | 1.3 | 3.2 |
| MILK----- | 5.7 | 5.6 | 9.3 | 6.7 | 3.6 | 29.4 | * | 5.8 | 5.5 | 19.8 | 1.3 | 3.2 |
| CREAM, ICE CREAM----- | .4 | .3 | * | .5 | * | .3 | .0 | .5 | * | .2 | * | * |
| CHEESE----- | * | * | * | * | * | * | * | * | * | * | * | .0 |
| SOUP, MIXTURES----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| MEAT, POULTRY, FISH----- | 12.1 | 7.2 | 14.6 | 12.5 | * | .9 | 11.0 | 8.6 | 6.1 | 7.5 | 13.0 | .3 |
| BEEF----- | 8.1 | 4.7 | 9.6 | 8.1 | .0 | .5 | 7.7 | .3 | 1.8 | 3.4 | 7.9 | .0 |
| BACON, SALT PORK----- | .3 | .6 | .2 | 1.2 | * | * | .2 | .0 | .3 | .1 | .2 | .0 |
| OTHER PORK----- | 1.8 | 1.1 | 1.9 | 2.1 | * | .1 | 1.5 | .0 | 3.4 | .9 | 1.6 | .0 |
| LIVER----- | .2 | * | .3 | * | * | * | .5 | 7.6 | .2 | 2.0 | .7 | .3 |
| LUNCHMEAT, FRANKFURTERS----- | * | * | * | * | * | * | * | .0 | * | * | * | .0 |
| OTHER MEAT----- | .2 | * | .2 | * | * | * | .1 | .0 | * | .1 | .3 | .0 |
| POULTRY----- | .8 | .5 | 1.5 | .8 | * | * | .7 | .7 | .3 | .7 | 1.8 | .0 |
| FISH, SHELLFISH----- | .7 | .2 | .8 | .2 | .0 | .2 | .2 | * | .2 | .2 | .4 | .0 |
| OTHER PROTEIN FOOD----- | 1.0 | .8 | 1.9 | 1.2 | * | .7 | 1.8 | 2.4 | .9 | 1.8 | .1 | * |
| EGGS----- | 1.0 | .7 | 1.8 | 1.1 | * | .7 | 1.7 | 2.4 | .9 | 1.7 | * | .0 |
| DRY LEGUMES----- | * | * | * | * | * | * | * | * | * | * | * | * |
| NUTS, PEANUT BUTTER----- | * | * | * | .1 | * | * | * | * | * | * | * | * |
| SOUP, MIXTURES----- | * | * | * | * | * | * | * | * | * | * | * | .0 |
| ALL VEGETABLES----- | 3.3 | 1.4 | 1.5 | .1 | 2.7 | 1.4 | 3.5 | 9.1 | 3.3 | 1.6 | 3.1 | 8.9 |
| POTATOES----- | .6 | .7 | .6 | * | 1.3 | .2 | .9 | .0 | 1.4 | .5 | 1.7 | 3.5 |
| DARK GREEN----- | .2 | * | * | * | * | .4 | .4 | 3.8 | .1 | .2 | * | .6 |
| DEEP YELLOW----- | .1 | * | * | * | * | * | * | 2.1 | * | * | * | * |
| TOMATOES----- | .5 | * | .1 | * | .2 | * | .5 | 1.6 | .4 | .2 | .4 | 2.1 |
| OTHER----- | 2.0 | .6 | .7 | * | 1.2 | .7 | 1.7 | 1.6 | 1.3 | .7 | .9 | 2.6 |
| SOUP, MIXTURES----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| ALL FRUIT----- | 1.8 | .6 | .2 | * | 1.2 | .5 | 1.0 | .7 | .4 | .6 | .4 | 6.8 |
| CITRUS----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| OTHER VITAMIN C-RICH----- | .8 | .1 | * | * | .3 | .2 | .5 | * | .2 | .3 | .2 | 5.7 |
| OTHER----- | 1.0 | .4 | * | * | .9 | .3 | .5 | .6 | .2 | .3 | .2 | 1.1 |
| MIXTURES----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP HOME-PRODUCED--CONTINUED

NORTHEAST

RURAL FARM

| FOOD GROUP † | MONEY VALUE | FOOD ENERGY | PROTEIN | FAT | CARBO- HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO- FLAVIN | NIACIN | ASCORBIC ACID |
|--|----------------|----------------|---------|-----|-------------------|---------|------|-----------------------|---------|-----------------|--------|------------------|
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) | (13) |
| PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME | | | | | | | | | | | | |
| GRAIN, ENRICHED OR WHOLE GRAIN----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| FLOUR----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| CEREAL, PASTES----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| BREAD----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| OTHER BAKERY PRODUCTS----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| GRAIN, NOT ENRICHED OR WHOLE GRAIN-- | * | * | * | * | * | * | * | * | .1 | * | * | .0 |
| FLOUR----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| CEREAL, PASTES----- | * | * | * | * | * | * | * | * | * | * | * | .0 |
| BREAD----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| OTHER BAKERY PRODUCTS----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| SOUP, MIXTURES----- | * | * | * | * | * | * | * | .0 | * | * | * | .0 |
| FATS, OILS----- | .4 | 1.2 | * | 2.8 | * | * | .0 | 1.0 | .0 | .0 | .0 | .0 |
| BUTTER----- | .3 | .5 | * | 1.2 | * | * | .0 | 1.0 | .0 | .0 | .0 | .0 |
| MARGARINE----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| OIL, SALAD DRESSING----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| LARD----- | * | .7 | .0 | 1.6 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| VEGETABLE SHORTENING----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| SUGAR, SWEETS----- | .5 | .5 | * | * | 1.2 | .2 | .4 | * | * | * | * | .1 |
| SUGAR, SIRUP, JELLY, CANDY----- | .5 | .5 | * | * | 1.1 | .2 | .4 | * | * | * | * | .1 |
| OTHER SWEETS-- | | | | | | | | | | | | |
| ADDED VITAMIN C----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| NO ADDED VITAMIN C----- | * | * | .0 | .0 | * | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| OTHER FOOD----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| ALCOHOLIC BEVERAGE----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| SOME NUTRITIVE VALUE----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| NO NUTRITIVE VALUE----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |

† SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP HOME-PRODUCED

NORTHEAST

RURAL FARM

| FOOD GROUP * | MONEY VALUE | FOOD ENERGY | PROTEIN | FAT | CARBO- HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO- FLAVIN | NIACIN | ASCORBIC ACID |
|--|----------------|----------------|---------|------|-------------------|---------|-------|-----------------------|---------|-----------------|--------|------------------|
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) | (13) |
| | | CAL | G | G | G | MG | MG | IU | MG | MG | MG | MG |
| ALL FOOD GROUPS, AVERAGE AMOUNT----- | 638 | 30.0 | 28.2 | 71.1 | 371 | 5.1 | 3,790 | .37 | .81 | 5.7 | 51 | |
| PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME | | | | | | | | | | | | |
| MILK, CREAM, CHEESE----- | 5.3 | 4.7 | 7.6 | 6.6 | 2.6 | 25.8 | .1 | 4.8 | 4.0 | 16.4 | 1.0 | 2.1 |
| MILK----- | 4.8 | 4.2 | 7.5 | 5.5 | 2.5 | 25.4 | .1 | 4.0 | 4.0 | 16.1 | 1.0 | 2.1 |
| CREAM, ICE CREAM----- | .5 | .5 | .1 | 1.1 | * | .4 | * | .8 | .1 | .2 | * | * |
| CHEESE----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| SOUP, MIXTURES----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| MEAT, POULTRY, FISH----- | 6.9 | 4.0 | 9.4 | 7.2 | * | .6 | 7.0 | 3.9 | 1.6 | 4.4 | 7.9 | .1 |
| BEEF----- | 5.9 | 3.5 | 7.9 | 6.4 | .0 | .5 | 6.2 | .2 | 1.3 | 2.8 | 6.3 | .0 |
| BACON, SALT PORK----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| OTHER PORK----- | * | * | * | * | .0 | * | * | .0 | .1 | * | * | .0 |
| LIVER----- | .1 | * | .2 | * | * | * | .3 | 3.3 | .1 | 1.0 | .3 | .1 |
| LUNCHMEAT, FRANKFURTERS----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| OTHER MEAT----- | .2 | * | .1 | .1 | .0 | * | * | .0 | * | * | .1 | .0 |
| POULTRY----- | .5 | .4 | .9 | .6 | .0 | .1 | .4 | .5 | .1 | .4 | 1.1 | .0 |
| FISH, SHELLFISH----- | .2 | .1 | .3 | * | .0 | * | * | .0 | .1 | .1 | .1 | .0 |
| OTHER PROTEIN FOOD----- | 1.7 | 1.7 | 4.2 | 2.1 | .8 | 1.9 | 4.7 | 3.7 | 2.2 | 3.4 | .5 | * |
| EGGS----- | 1.4 | 1.2 | 3.1 | 2.0 | .1 | 1.3 | 2.9 | 3.7 | 1.3 | 3.0 | .1 | .0 |
| DRY LEGUMES----- | .2 | .5 | 1.1 | .1 | .7 | .6 | 1.8 | * | .9 | .4 | .4 | * |
| NUTS, PEANUT BUTTER----- | .1 | * | * | .1 | * | .0 | * | * | * | * | * | .0 |
| SOUP, MIXTURES----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| ALL VEGETABLES----- | 11.1 | 4.5 | 5.2 | .6 | 7.9 | 4.4 | 9.9 | 24.5 | 10.7 | 6.9 | 10.8 | 31.8 |
| POTATOES----- | 1.4 | 1.7 | 1.5 | .1 | 2.9 | .5 | 2.3 | .0 | 3.3 | 1.2 | 4.5 | 7.7 |
| DARK GREEN----- | .6 | .1 | .2 | * | .1 | .5 | .8 | 3.9 | .3 | .4 | .2 | 3.3 |
| DEEP YELLOW----- | .3 | .1 | .1 | * | .2 | .3 | .3 | 9.8 | .2 | .1 | .2 | .5 |
| TOMATOES----- | 2.1 | .3 | .5 | .1 | .5 | .6 | 1.2 | 5.2 | 1.6 | .8 | 1.3 | 8.6 |
| OTHER----- | 6.6 | 2.3 | 3.0 | .5 | 4.1 | 2.5 | 5.4 | 5.7 | 5.4 | 4.4 | 4.7 | 11.7 |
| SOUP, MIXTURES----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| ALL FRUIT----- | 3.8 | 1.3 | .4 | .2 | 2.6 | .8 | 1.7 | 6.3 | 1.3 | 1.1 | 1.0 | 7.0 |
| CITRUS----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| OTHER VITAMIN C-RICH----- | .9 | .2 | .1 | * | .3 | .2 | .3 | 5.6 | .3 | .2 | .3 | 4.3 |
| OTHER----- | 2.9 | 1.2 | .3 | .2 | 2.3 | .6 | 1.4 | .7 | 1.0 | .9 | .6 | 2.7 |
| MIXTURES----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP HOME-PRODUCED--CONTINUED

NORTHEAST

RURAL FARM

| FOOD GROUP * | MONEY VALUE | FOOD ENERGY | PROTEIN | FAT | CARBO- HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO- FLAVIN | NIACIN | ASCORBIC ACID |
|--|----------------|----------------|---------|-----|-------------------|---------|------|-----------------------|---------|-----------------|--------|------------------|
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) | (13) |
| PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME | | | | | | | | | | | | |
| GRAIN, ENRICHED OR WHOLE GRAIN----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| FLOUR----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| CEREAL, PASTES----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| BREAD----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| OTHER BAKERY PRODUCTS----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| GRAIN, NOT ENRICHED OR WHOLE GRAIN-- | * | * | * | * | * | * | * | * | * | * | * | .0 |
| FLOUR----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| CEREAL, PASTES----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| BREAD----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| OTHER BAKERY PRODUCTS----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| SOUP, MIXTURES----- | * | * | * | * | * | * | * | * | * | * | * | .0 |
| FATS, OILS----- | .2 | .5 | * | 1.4 | * | * | .0 | .7 | .0 | .0 | .0 | .0 |
| BUTTER----- | .2 | .3 | * | .9 | * | * | .0 | .7 | .0 | .0 | .0 | .0 |
| MARGARINE----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| OIL, SALAD DRESSING----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| LARD----- | * | .2 | * | .5 | * | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| VEGETABLE SHORTENING----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| SUGAR, SWEETS----- | .6 | .7 | * | * | 1.4 | .2 | .4 | * | * | .1 | .1 | .2 |
| SUGAR, SIRUP, JELLY, CANDY----- | .6 | .7 | * | * | 1.4 | .2 | .4 | * | * | .1 | .1 | .2 |
| OTHER SWEETS-- | | | | | | | | | | | | |
| ADDED VITAMIN C----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| NO ADDED VITAMIN C----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| OTHER FOOD----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| ALCOHOLIC BEVERAGE----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| SOME NUTRITIVE VALUE----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| NO NUTRITIVE VALUE----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP HOME-PRODUCED

NORTHEAST

RURAL FARM

| FOOD GROUP * | MONEY VALUE | FOOD ENERGY | PROTEIN | FAT | CARBO- HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO- FLAVIN | NIACIN | ASCORBIC ACID |
|--|----------------|----------------|---------|------|-------------------|---------|------|-----------------------|---------|-----------------|--------|------------------|
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) | (13) |
| | | CAL | G | G | G | MG | MG | IU | MG | MG | MG | MG |
| ALL FOOD GROUPS, AVERAGE AMOUNT----- | | 544 | 28.4 | 28.5 | 45.8 | 497 | 3.2 | 3,010 | .30 | .94 | 4.1 | 23 |
| PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME | | | | | | | | | | | | |
| MILK, CREAM, CHEESE----- | 8.0 | 7.1 | 11.5 | 8.9 | 4.4 | 32.4 | .0 | 6.3 | 6.8 | 22.8 | 1.7 | 3.7 |
| MILK----- | 7.9 | 7.0 | 11.5 | 8.8 | 4.4 | 32.3 | .0 | 6.2 | 6.8 | 22.7 | 1.6 | 3.7 |
| CREAM, ICE CREAM----- | .1 | .1 | * | .2 | * | .1 | .0 | .1 | * | .1 | * | * |
| CHEESE----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| SOUP, MIXTURES----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| MEAT, POULTRY, FISH----- | 7.9 | 4.1 | 9.2 | 7.0 | * | .4 | 8.1 | 7.4 | 4.8 | 6.0 | 9.5 | .5 |
| BEEF----- | 4.2 | 2.3 | 5.2 | 3.8 | .0 | .3 | 4.4 | .1 | .9 | 1.7 | 4.5 | .0 |
| BACON, SALT PORK----- | .1 | .1 | * | .3 | * | * | * | .0 | .1 | * | * | .0 |
| OTHER PORK----- | 1.8 | .9 | 1.7 | 1.6 | .0 | .1 | 1.5 | .0 | 3.0 | .7 | 1.5 | .0 |
| LIVER----- | .4 | .1 | .5 | .1 | * | * | 1.0 | 6.9 | .2 | 2.5 | 1.0 | .5 |
| LUNCHMEAT, FRANKFURTERS----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| OTHER MEAT----- | .5 | .2 | .4 | .2 | * | * | .4 | .0 | .3 | .4 | .6 | .0 |
| POULTRY----- | .9 | .6 | 1.3 | 1.0 | .0 | .1 | .7 | .5 | .2 | .6 | 1.7 | .0 |
| FISH, SHELLFISH----- | .1 | * | .1 | * | .0 | * | * | .0 | * | * | * | .0 |
| OTHER PROTEIN FOOD----- | .7 | .6 | 1.3 | .8 | .2 | .5 | 1.5 | 1.2 | .7 | 1.1 | .2 | .0 |
| EGGS----- | .5 | .4 | 1.0 | .7 | * | .4 | 1.1 | 1.2 | .5 | .9 | * | .0 |
| DRY LEGUMES----- | * | .1 | .2 | * | .1 | .1 | .3 | .0 | .2 | .1 | .1 | .0 |
| NUTS, PEANUT BUTTER----- | .1 | * | * | .1 | * | * | * | .0 | .1 | * | * | .0 |
| SOUP, MIXTURES----- | .1 | * | .1 | * | * | * | .1 | * | * | * | .1 | .0 |
| ALL VEGETABLES----- | 4.6 | 1.8 | 1.9 | .2 | 3.5 | 1.7 | 4.6 | 16.6 | 4.4 | 2.2 | 4.3 | 14.7 |
| POTATOES----- | .6 | .8 | .7 | * | 1.5 | .2 | 1.1 | .0 | 1.7 | .5 | 2.2 | 3.9 |
| DARK GREEN----- | .1 | * | * | * | * | .1 | .1 | .5 | .1 | .1 | * | .7 |
| DEEP YELLOW----- | .6 | .3 | .2 | * | .5 | .4 | .6 | 12.5 | .4 | .5 | .4 | 1.3 |
| TOMATOES----- | 1.1 | .1 | .2 | * | .3 | .2 | .6 | 2.3 | .8 | .3 | .7 | 4.0 |
| OTHER----- | 2.1 | .6 | .8 | .1 | 1.1 | .9 | 2.2 | 1.3 | 1.5 | .8 | 1.0 | 4.7 |
| SOUP, MIXTURES----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| ALL FRUIT----- | 1.4 | .7 | .1 | .1 | 1.5 | .2 | .7 | .5 | .5 | .3 | .3 | 1.2 |
| CITRUS----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| OTHER VITAMIN C-RICH----- | .1 | * | * | * | .1 | * | * | * | * | * | * | .5 |
| OTHER----- | 1.3 | .6 | .1 | .1 | 1.4 | .2 | .7 | .5 | .5 | .3 | .3 | .7 |
| MIXTURES----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP HOME-PRODUCED--CONTINUED

NORTHEAST

RURAL FARM

| FOOD GROUP * | MONEY VALUE | FOOD ENERGY | PROTEIN | FAT | CARBO- HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO- FLAVIN | NIACIN | ASCORBIC ACID |
|--|----------------|----------------|---------|-----|-------------------|---------|------|-----------------------|---------|-----------------|--------|------------------|
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) | (13) |
| PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME | | | | | | | | | | | | |
| GRAIN, ENRICHED OR WHOLE GRAIN----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| FLOUR----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| CEREAL, PASTES----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| BREAD----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| OTHER BAKERY PRODUCTS----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| GRAIN, NOT ENRICHED OR WHOLE GRAIN-- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| FLOUR----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| CEREAL, PASTES----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| BREAD----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| OTHER BAKERY PRODUCTS----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| SOUP, MIXTURES----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| FATS, OILS----- | * | .2 | .0 | .5 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| BUTTER----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| MARGARINE----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| OIL, SALAD DRESSING----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| LARD----- | * | .2 | .0 | .5 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| VEGETABLE SHORTENING----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| SUGAR, SWEETS----- | .5 | .5 | * | * | 1.1 | .3 | .4 | * | * | * | * | .1 |
| SUGAR, SIRUP, JELLY, CANDY----- | .5 | .5 | * | * | 1.1 | .3 | .4 | * | * | * | * | .1 |
| OTHER SWEETS-- | | | | | | | | | | | | |
| ADDED VITAMIN C----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| NO ADDED VITAMIN C----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| OTHER FOOD----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| ALCOHOLIC BEVERAGE----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| SOME NUTRITIVE VALUE----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| NO NUTRITIVE VALUE----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP HOME-PRODUCED

NORTHEAST

| FOOD GROUP ‡ | MONEY VALUE | FOOD ENERGY | PROTEIN | FAT | CARBO- HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO- FLAVIN | NIACIN | ASCORBIC ACID |
|--|----------------|----------------|---------|------|-------------------|---------|-------|-----------------------|---------|-----------------|--------|------------------|
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) | (13) |
| | | CAL | G | G | G | MG | MG | IU | MG | MG | MG | MG |
| ALL FOOD GROUPS. AVERAGE AMOUNT----- | 687 | 34.1 | 42.6 | 43.0 | 534 | 3.6 | 2,570 | .30 | 1.05 | 4.9 | 17 | |
| PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME | | | | | | | | | | | | |
| MILK, CREAM, CHEESE----- | 6.9 | 7.3 | 12.7 | 9.0 | 4.6 | 38.5 | .0 | 7.9 | 7.1 | 25.9 | 1.7 | 4.5 |
| MILK----- | 6.8 | 7.3 | 12.7 | 8.9 | 4.6 | 38.4 | .0 | 7.8 | 7.1 | 25.9 | 1.7 | 4.5 |
| CREAM, ICE CREAM----- | .1 | * | * | .1 | * | .1 | .0 | .1 | * | * | * | * |
| CHEESE----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| SOUP, MIXTURES----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| MEAT, POULTRY, FISH----- | 13.8 | 7.3 | 13.7 | 13.2 | .1 | .7 | 11.2 | 13.7 | 5.8 | 8.8 | 12.9 | .6 |
| BEEF----- | 9.1 | 4.4 | 9.1 | 7.8 | .0 | .5 | 7.3 | .2 | 1.5 | 3.1 | 7.3 | .0 |
| BACON, SALT PORK----- | .7 | .9 | .4 | 2.1 | * | .1 | .3 | .0 | .5 | .2 | .3 | .0 |
| OTHER PORK----- | 2.3 | 1.2 | 1.8 | 2.4 | .0 | .1 | 1.5 | .0 | 2.9 | .9 | 1.4 | .0 |
| LIVER----- | .4 | .1 | .5 | .1 | * | * | 1.0 | 13.0 | .3 | 3.4 | 1.2 | .6 |
| LUNCHMEAT, FRANKFURTERS----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| OTHER MEAT----- | .8 | .3 | 1.1 | .4 | * | .1 | .8 | .0 | .6 | .8 | 1.8 | .0 |
| POULTRY----- | .5 | .3 | .7 | .4 | .0 | * | .4 | .4 | .1 | .4 | .9 | .0 |
| FISH, SHELLFISH----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| OTHER PROTEIN FOOD----- | .9 | .6 | 1.5 | 1.0 | * | .6 | 1.5 | 1.9 | .7 | 1.4 | .1 | .0 |
| EGGS----- | .8 | .6 | 1.5 | .9 | * | .6 | 1.4 | 1.9 | .7 | 1.4 | * | .0 |
| DRY LEGUMES----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| NUTS, PEANUT BUTTER----- | .1 | * | * | .1 | * | .0 | .1 | * | * | * | * | .0 |
| SOUP, MIXTURES----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| ALL VEGETABLES----- | 2.9 | 1.1 | 1.2 | .1 | 2.1 | .9 | 3.1 | 7.5 | 2.6 | 1.2 | 2.5 | 9.4 |
| POTATOES----- | .3 | .4 | .4 | * | .7 | .1 | .5 | .0 | .8 | .3 | 1.0 | 2.2 |
| DARK GREEN----- | .1 | * | * | * | * | * | * | .1 | * | * | * | .5 |
| DEEP YELLOW----- | .1 | * | * | * | .1 | .1 | .1 | 3.4 | .1 | * | .1 | .2 |
| TOMATOES----- | .7 | .1 | .2 | * | .3 | .1 | .8 | 2.8 | .7 | .3 | .7 | 4.1 |
| OTHER----- | 1.7 | .5 | .6 | .1 | 1.1 | .6 | 1.6 | 1.1 | 1.0 | .6 | .7 | 2.4 |
| SOUP, MIXTURES----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| ALL FRUIT----- | 1.3 | .6 | .1 | * | 1.2 | .2 | .6 | .3 | .3 | .3 | .2 | 1.2 |
| CITRUS----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| OTHER VITAMIN C-RICH----- | * | * | * | * | * | * | * | * | * | * | * | .3 |
| OTHER----- | 1.3 | .5 | .1 | * | 1.2 | .2 | .6 | .3 | .3 | .3 | .2 | 1.0 |
| MIXTURES----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |

† SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP HOME-PRODUCED--CONTINUED

NORTHEAST

RURAL FARM

| FOOD GROUP * | MONEY VALUE | FOOD ENERGY | PROTEIN | FAT | CARBO- HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO- FLAVIN | NIACIN | ASCORBIC ACID |
|--|----------------|----------------|---------|-----|-------------------|---------|------|-----------------------|---------|-----------------|--------|------------------|
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) | (13) |
| PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME | | | | | | | | | | | | |
| GRAIN, ENRICHED OR WHOLE GRAIN----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| FLOUR----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| CEREAL, PASTES----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| BREAD----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| OTHER BAKERY PRODUCTS----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| GRAIN, NOT ENRICHED OR WHOLE GRAIN-- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| FLOUR----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| CEREAL, PASTES----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| BREAD----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| OTHER BAKERY PRODUCTS----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| SOUP, MIXTURES----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| FATS, OILS----- | .1 | .4 | * | .9 | * | * | .0 | .3 | .0 | .0 | .0 | .0 |
| BUTTER----- | .1 | .1 | * | .3 | * | * | .0 | .3 | .0 | .0 | .0 | .0 |
| MARGARINE----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| OIL, SALAD DRESSING----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| LARD----- | * | .3 | .0 | .6 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| VEGETABLE SHORTENING----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| SUGAR, SWEETS----- | .8 | .7 | * | * | 1.5 | .5 | .5 | * | * | .1 | * | .1 |
| SUGAR, SIRUP, JELLY, CANDY----- | .8 | .7 | * | * | 1.5 | .5 | .5 | * | * | .1 | * | .1 |
| OTHER SWEETS-- | | | | | | | | | | | | |
| ADDED VITAMIN C----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| NO ADDED VITAMIN C----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| OTHER FOOD----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| ALCOHOLIC BEVERAGE----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| SOME NUTRITIVE VALUE----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| NO NUTRITIVE VALUE----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 7.--FOOD ENERGY, PROTEIN

NORTHEAST

BY URBANIZATION

| SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 (1) | PERCENT OF HOUSEHOLD DILTS WITH SPECIFIED AMOUNTS OF NUTRIENT PER NUTRITION UNIT PER DAY † | | | | | | | | | | | | | |
|--|---|-----------------------|-------------------------|------------------------|------------------------|------------------------|--------------------------|-------------------------------|-----------------------|-----------------------|-----------------------|-------------------------|-------------------------|---------------------------|
| | FOOD ENERGY, IN CALORIES | | | | | | | PROTEIN, IN GRAMS | | | | | | |
| | ALL HOUSE- HOLDS (2) | UNDER 1,933 (3) | 1,933- 2,899- (4) | 2,900- 3,899 (5) | 3,900- 4,899 (6) | 4,900- 5,899 (7) | 5,900 AND OVER (8) | ALL HOUSE- HOLDS (9) | UNDER 46.7 (10) | 46.7- 69.9 (11) | 70.0- 99.9 (12) | 100.0- 119.9 (13) | 120.0- 149.9 (14) | 150.0 AND OVER (15) |
| ALL URBANIZATIONS | | | | | | | | | | | | | | |
| ALL HOUSEHOLDS, YEAR-- | 100.0 | 1.7 | 12.0 | 30.0 | 28.9 | 15.2 | 12.3 | 100.0 | .7 | 3.8 | 22.1 | 23.1 | 26.5 | 23.7 |
| SPRING----- | 100.0 | 1.8 | 11.0 | 28.4 | 28.8 | 14.2 | 15.8 | 100.0 | 1.0 | 4.1 | 21.1 | 22.6 | 24.4 | 26.8 |
| SUMMER----- | 100.0 | 1.8 | 14.6 | 34.1 | 27.5 | 13.5 | 8.6 | 100.0 | .6 | 5.2 | 27.1 | 25.3 | 22.9 | 18.8 |
| FALL----- | 100.0 | 1.0 | 11.8 | 29.8 | 27.2 | 16.0 | 14.3 | 100.0 | .6 | 2.6 | 20.4 | 23.1 | 28.9 | 24.4 |
| WINTER----- | 100.0 | 1.9 | 10.7 | 27.8 | 32.1 | 17.0 | 10.5 | 100.0 | 1.0 | 3.9 | 19.7 | 21.5 | 29.5 | 24.6 |
| UNDER 1,000----- | 100.0 | 10.5 | 14.4 | 31.4 | 20.3 | 9.7 | 13.7 | 100.0 | 10.5 | 15.3 | 29.7 | 16.4 | 14.2 | 14.1 |
| 1,000-1,999----- | 100.0 | 6.5 | 12.5 | 30.0 | 23.1 | 11.5 | 16.3 | 100.0 | 4.3 | 16.3 | 23.8 | 19.7 | 13.5 | 22.4 |
| 2,000-2,999----- | 100.0 | 3.2 | 11.6 | 29.9 | 20.9 | 20.2 | 14.3 | 100.0 | 2.1 | 6.7 | 26.4 | 23.8 | 18.0 | 23.1 |
| 3,000-3,999----- | 100.0 | 2.5 | 13.3 | 26.9 | 28.2 | 13.1 | 16.1 | 100.0 | .8 | 3.8 | 23.9 | 21.6 | 25.7 | 24.2 |
| 4,000-4,999----- | 100.0 | .2 | 13.9 | 26.1 | 32.0 | 15.0 | 12.7 | 100.0 | .0 | 2.9 | 21.6 | 22.1 | 26.8 | 26.6 |
| 5,000-5,999----- | 100.0 | 1.6 | 13.8 | 29.0 | 25.1 | 18.7 | 11.7 | 100.0 | .1 | 5.0 | 23.2 | 21.8 | 27.0 | 22.9 |
| 6,000-6,999----- | 100.0 | .8 | 14.9 | 26.3 | 30.5 | 14.1 | 13.4 | 100.0 | .7 | 2.7 | 21.8 | 25.5 | 25.3 | 24.1 |
| 7,000-7,999----- | 100.0 | .8 | 9.8 | 35.5 | 28.6 | 15.1 | 10.3 | 100.0 | .0 | 2.3 | 22.5 | 24.5 | 26.6 | 24.1 |
| 8,000-8,999----- | 100.0 | .4 | 9.8 | 29.3 | 35.1 | 13.3 | 12.1 | 100.0 | .2 | 2.8 | 18.7 | 20.5 | 31.3 | 26.3 |
| 9,000-9,999----- | 100.0 | .0 | 10.9 | 30.4 | 34.3 | 14.3 | 10.1 | 100.0 | .0 | 1.3 | 18.6 | 23.3 | 33.6 | 23.2 |
| 10,000-14,999----- | 100.0 | .2 | 7.9 | 33.9 | 33.2 | 16.1 | 8.9 | 100.0 | .0 | 1.4 | 16.8 | 26.4 | 32.1 | 23.4 |
| 15,000 AND OVER---- | 100.0 | 3.3 | 8.7 | 33.1 | 29.0 | 16.2 | 9.8 | 100.0 | .0 | .0 | 22.3 | 26.0 | 25.6 | 26.0 |
| URBAN | | | | | | | | | | | | | | |
| ALL HOUSEHOLDS, YEAR-- | 100.0 | 1.9 | 12.7 | 30.6 | 28.4 | 14.6 | 11.9 | 100.0 | .8 | 4.0 | 22.1 | 22.2 | 27.0 | 24.0 |
| SPRING----- | 100.0 | 2.3 | 11.0 | 27.9 | 28.3 | 14.3 | 16.4 | 100.0 | 1.0 | 4.3 | 20.4 | 21.3 | 24.6 | 26.4 |
| SUMMER----- | 100.0 | 2.5 | 15.3 | 33.1 | 27.4 | 13.2 | 8.7 | 100.0 | .8 | 5.4 | 25.2 | 24.8 | 23.9 | 19.9 |
| FALL----- | 100.0 | 1.3 | 12.4 | 32.8 | 26.9 | 13.1 | 13.6 | 100.0 | .8 | 2.0 | 21.6 | 23.4 | 30.0 | 22.2 |
| WINTER----- | 100.0 | 1.7 | 12.2 | 28.5 | 30.8 | 17.6 | 9.1 | 100.0 | .7 | 4.1 | 21.2 | 19.3 | 29.2 | 25.5 |
| UNDER 1,000----- | 100.0 | 13.7 | 6.8 | 41.0 | 23.3 | 5.5 | 9.5 | 100.0 | 13.7 | 12.4 | 37.0 | 19.2 | 10.9 | 6.8 |
| 1,000-1,999----- | 100.0 | 6.4 | 15.4 | 29.7 | 23.5 | 11.4 | 13.7 | 100.0 | 4.5 | 14.8 | 23.5 | 21.1 | 16.0 | 20.0 |
| 2,000-2,999----- | 100.0 | 3.0 | 11.3 | 29.5 | 21.4 | 20.6 | 14.1 | 100.0 | 2.1 | 6.7 | 27.3 | 22.7 | 16.8 | 24.2 |
| 3,000-3,999----- | 100.0 | 3.2 | 13.3 | 26.3 | 27.9 | 12.8 | 16.4 | 100.0 | 1.0 | 4.1 | 23.6 | 19.2 | 26.3 | 25.9 |
| 4,000-4,999----- | 100.0 | .2 | 15.8 | 25.6 | 29.4 | 16.0 | 12.9 | 100.0 | .0 | 3.3 | 20.4 | 21.1 | 26.1 | 29.2 |
| 5,000-5,999----- | 100.0 | 2.0 | 15.5 | 30.7 | 22.4 | 17.8 | 11.6 | 100.0 | .1 | 5.7 | 23.9 | 20.6 | 26.3 | 23.4 |
| 6,000-6,999----- | 100.0 | 1.0 | 16.4 | 26.4 | 27.7 | 15.0 | 13.5 | 100.0 | .8 | 2.5 | 22.2 | 23.5 | 27.9 | 23.1 |
| 7,000-7,999----- | 100.0 | 1.0 | 9.6 | 37.6 | 28.2 | 14.0 | 9.6 | 100.0 | .0 | 3.0 | 20.3 | 24.9 | 27.0 | 24.8 |
| 8,000-8,999----- | 100.0 | .6 | 10.9 | 27.2 | 35.6 | 13.0 | 12.7 | 100.0 | .3 | 3.6 | 17.7 | 16.3 | 37.9 | 29.3 |
| 9,000-9,999----- | 100.0 | .0 | 11.9 | 33.9 | 33.2 | 12.7 | 8.3 | 100.0 | .0 | 1.4 | 20.2 | 25.3 | 31.4 | 21.7 |
| 10,000-14,999----- | 100.0 | .2 | 7.8 | 32.7 | 36.4 | 13.9 | 8.9 | 100.0 | .0 | 1.1 | 17.9 | 25.1 | 33.8 | 22.1 |
| 15,000 AND OVER---- | 100.0 | 2.1 | 10.6 | 32.6 | 31.2 | 14.8 | 8.6 | 100.0 | .0 | .0 | 23.5 | 26.9 | 24.1 | 25.5 |

† SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 7.--FOOD ENERGY, PROTEIN
--CONTINUED

NORTHEAST

BY URBANIZATION

| SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 (1) | PERCENT OF HOUSEHOLD DIETS WITH SPECIFIED AMOUNTS OF NUTRIENT PER NUTRITION UNIT PER DAY * | | | | | | | | | | | | | |
|--|---|-----------------------|------------------------|------------------------|------------------------|------------------------|--------------------------|-------------------------------|-----------------------|-----------------------|-----------------------|-------------------------|-------------------------|---------------------------|
| | FOOD ENERGY, IN CALORIES | | | | | | | PROTEIN, IN GRAMS | | | | | | |
| | ALL HOUSE- HOLDS (2) | UNDER 1,933 (3) | 1,933- 2,899 (4) | 2,900- 3,899 (5) | 3,900- 4,899 (6) | 4,900- 5,899 (7) | 5,900 AND OVER (8) | ALL HOUSE- HOLDS (9) | UNDER 46.7 (10) | 46.7- 69.9 (11) | 70.0- 99.9 (12) | 100.0- 119.9 (13) | 120.0- 149.9 (14) | 150.0 AND OVER (15) |
| RURAL NONFARM | | | | | | | | | | | | | | |
| ALL HOUSEHOLDS, YEAR- | 100.0 | 1.0 | 9.9 | 28.8 | 30.1 | 17.2 | 13.1 | 100.0 | .7 | 3.9 | 22.3 | 26.9 | 24.1 | 22.4 |
| SPRING----- | 100.0 | .9 | 11.1 | 31.1 | 30.0 | 13.6 | 13.3 | 100.0 | .6 | 3.1 | 24.4 | 27.5 | 23.2 | 21.3 |
| SUMMER----- | 100.0 | .0 | 12.7 | 39.8 | 26.2 | 13.6 | 7.8 | 100.0 | .0 | 4.8 | 35.0 | 27.2 | 18.4 | 14.6 |
| FALL----- | 100.0 | .0 | 10.3 | 17.5 | 27.9 | 27.9 | 16.5 | 100.0 | .0 | 5.2 | 15.5 | 21.7 | 24.7 | 33.0 |
| WINTER----- | 100.0 | 2.8 | 5.5 | 25.9 | 36.1 | 14.8 | 14.8 | 100.0 | 1.9 | 2.8 | 13.9 | 30.5 | 29.6 | 21.3 |
| UNDER 3,000----- | 100.0 | 5.6 | 14.4 | 29.4 | 18.7 | 14.4 | 17.5 | 100.0 | 3.2 | 16.9 | 22.5 | 20.0 | 14.4 | 23.1 |
| 3,000-4,999----- | 100.0 | .0 | 11.0 | 29.0 | 34.8 | 12.8 | 12.3 | 100.0 | .0 | 2.2 | 26.0 | 29.1 | 25.6 | 17.2 |
| 5,000-6,999----- | 100.0 | .0 | 9.3 | 24.8 | 36.3 | 17.5 | 12.1 | 100.0 | .0 | 2.8 | 21.2 | 28.1 | 24.2 | 23.7 |
| 7,000-9,999----- | 100.0 | .0 | 8.4 | 28.5 | 32.1 | 17.8 | 13.1 | 100.0 | .0 | .0 | 23.4 | 26.3 | 28.8 | 21.5 |
| 10,000 AND OVER---- | 100.0 | 1.8 | 6.7 | 39.3 | 18.4 | 23.9 | 9.8 | 100.0 | .0 | 1.8 | 14.1 | 30.0 | 25.8 | 28.2 |
| RURAL FARM | | | | | | | | | | | | | | |
| ALL HOUSEHOLDS, YEAR- | 100.0 | .2 | 4.5 | 19.2 | 37.4 | 18.0 | 20.6 | 100.0 | .2 | 2.2 | 18.7 | 20.2 | 32.9 | 25.9 |
| SPRING----- | 100.0 | .8 | 6.6 | 16.2 | 38.2 | 16.2 | 22.0 | 100.0 | .8 | 4.1 | 16.3 | 22.8 | 29.2 | 26.8 |
| SUMMER----- | 100.0 | .0 | 5.9 | 13.7 | 41.2 | 21.5 | 17.6 | 100.0 | .0 | 2.0 | 17.6 | 23.5 | 33.4 | 23.5 |
| FALL----- | 100.0 | .0 | 5.4 | 29.7 | 29.7 | 16.2 | 18.9 | 100.0 | .0 | 2.7 | 16.2 | 24.3 | 27.0 | 29.7 |
| WINTER----- | 100.0 | .0 | .0 | 19.5 | 39.0 | 17.1 | 24.4 | 100.0 | .0 | .0 | 24.3 | 9.8 | 41.5 | 24.4 |
| UNDER 3,000----- | 100.0 | 1.1 | 2.2 | 8.9 | 23.3 | 24.4 | 40.0 | 100.0 | 1.1 | 1.1 | 13.3 | 17.8 | 32.2 | 34.4 |
| 3,000-4,999----- | 100.0 | .0 | 2.0 | 20.0 | 43.8 | 12.4 | 21.9 | 100.0 | .0 | 1.9 | 19.1 | 19.0 | 36.2 | 23.8 |
| 5,000-6,999----- | 100.0 | .0 | 10.2 | 20.4 | 36.1 | 14.3 | 19.0 | 100.0 | .0 | 3.4 | 17.7 | 27.2 | 24.5 | 27.2 |
| 7,000-9,999----- | 100.0 | .0 | 3.9 | 25.2 | 39.8 | 21.3 | 9.7 | 100.0 | .0 | 2.9 | 25.2 | 16.5 | 36.0 | 19.4 |
| 10,000 AND OVER---- | 100.0 | .0 | .0 | 9.5 | 50.0 | 28.6 | 11.9 | 100.0 | .0 | .0 | 16.7 | 16.6 | 35.7 | 31.0 |

* SEE NOTES FOLLOWING WEST, TABLE 18.

| SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 (1) | PERCENT OF HOUSEHOLD DIETS WITH SPECIFIED AMOUNTS OF NUTRIENT PER NUTRITION UNIT PER DAY * | | | | | | | | | | | | | |
|--|---|---------------------|--------------------|--------------------|----------------------|----------------------|-------------------------|-------------------------------|----------------------|---------------------|-----------------------|-----------------------|-----------------------|--------------------------|
| | CALCIUM, IN MILLIGRAMS | | | | | | | IRON, IN MILLIGRAMS | | | | | | |
| | ALL HOUSE- HOLDS (2) | UNDER 533 (3) | 533- 799 (4) | 800- 999 (5) | 1000- 1199 (6) | 1200- 1399 (7) | 1400 AND OVER (8) | ALL HOUSE- HOLDS (9) | UNDER 6.7 (10) | 6.7- 9.9 (11) | 10.0- 13.9 (12) | 14.0- 17.9 (13) | 18.0- 21.9 (14) | 22.0 AND OVER (15) |
| ALL URBANIZATIONS | | | | | | | | | | | | | | |
| ALL HOUSEHOLDS, YEAR-- | 100.0 | 7.5 | 23.3 | 21.5 | 20.0 | 12.3 | 15.5 | 100.0 | 1.5 | 9.6 | 30.3 | 26.6 | 16.3 | 15.6 |
| SPRING----- | 100.0 | 6.6 | 23.5 | 22.0 | 19.3 | 12.2 | 16.3 | 100.0 | 2.2 | 8.7 | 28.4 | 27.4 | 15.8 | 17.7 |
| SUMMER----- | 100.0 | 9.1 | 25.4 | 23.7 | 19.2 | 10.1 | 12.4 | 100.0 | 1.6 | 11.6 | 34.4 | 24.8 | 14.9 | 12.7 |
| FALL----- | 100.0 | 7.6 | 23.1 | 17.9 | 21.3 | 13.5 | 16.6 | 100.0 | .6 | 9.7 | 29.3 | 25.6 | 19.2 | 15.6 |
| WINTER----- | 100.0 | 6.4 | 21.6 | 22.3 | 20.1 | 13.1 | 16.6 | 100.0 | 1.6 | 8.7 | 29.8 | 28.2 | 15.4 | 16.3 |
| UNDER 1,000----- | 100.0 | 18.2 | 34.6 | 12.2 | 15.8 | 5.3 | 14.1 | 100.0 | 11.5 | 5.7 | 42.0 | 14.5 | 2.9 | 23.6 |
| 1,000-1,999----- | 100.0 | 16.2 | 28.8 | 14.4 | 13.1 | 7.1 | 20.5 | 100.0 | 5.1 | 12.7 | 27.7 | 22.8 | 15.2 | 16.7 |
| 2,000-2,999----- | 100.0 | 9.8 | 26.1 | 17.9 | 19.6 | 11.6 | 15.0 | 100.0 | 2.6 | 11.6 | 21.6 | 30.6 | 17.2 | 16.4 |
| 3,000-3,999----- | 100.0 | 9.9 | 28.0 | 10.6 | 23.2 | 9.3 | 19.1 | 100.0 | .9 | 14.0 | 23.7 | 28.3 | 16.8 | 16.5 |
| 4,000-4,999----- | 100.0 | 8.0 | 20.9 | 24.7 | 21.9 | 11.8 | 12.8 | 100.0 | 1.2 | 7.2 | 33.3 | 26.5 | 17.2 | 14.5 |
| 5,000-5,999----- | 100.0 | 8.6 | 22.5 | 24.2 | 18.4 | 11.7 | 14.6 | 100.0 | 1.2 | 13.6 | 26.0 | 25.7 | 16.5 | 16.7 |
| 6,000-6,999----- | 100.0 | 6.9 | 21.0 | 21.7 | 24.2 | 10.9 | 15.4 | 100.0 | 1.4 | 7.8 | 29.9 | 26.0 | 17.6 | 17.3 |
| 7,000-7,999----- | 100.0 | 4.6 | 25.2 | 24.2 | 18.8 | 15.5 | 11.7 | 100.0 | .8 | 7.9 | 32.6 | 30.3 | 14.8 | 13.7 |
| 8,000-8,999----- | 100.0 | 4.7 | 23.1 | 18.5 | 21.6 | 16.4 | 15.6 | 100.0 | 1.0 | 6.4 | 33.1 | 27.6 | 16.7 | 15.4 |
| 9,000-9,999----- | 100.0 | 2.6 | 26.2 | 21.4 | 17.1 | 14.8 | 17.9 | 100.0 | .0 | 6.7 | 32.0 | 27.1 | 15.9 | 18.3 |
| 10,000-14,999----- | 100.0 | 4.9 | 18.7 | 26.8 | 21.2 | 12.4 | 16.2 | 100.0 | .6 | 7.7 | 38.5 | 27.0 | 14.0 | 12.4 |
| 15,000 AND OVER---- | 100.0 | .5 | 27.8 | 27.7 | 12.6 | 16.8 | 14.6 | 100.0 | .0 | 11.4 | 32.5 | 26.8 | 16.8 | 12.5 |
| URBAN | | | | | | | | | | | | | | |
| ALL HOUSEHOLDS, YEAR-- | 100.0 | 7.8 | 23.7 | 22.1 | 19.9 | 12.1 | 14.5 | 100.0 | 1.5 | 10.2 | 30.0 | 25.9 | 16.7 | 15.7 |
| SPRING----- | 100.0 | 6.9 | 24.3 | 21.0 | 19.7 | 11.9 | 16.1 | 100.0 | 2.5 | 8.5 | 27.7 | 26.8 | 16.2 | 18.4 |
| SUMMER----- | 100.0 | 8.9 | 25.1 | 26.1 | 18.9 | 10.2 | 11.0 | 100.0 | 1.9 | 13.0 | 32.0 | 24.5 | 15.8 | 12.9 |
| FALL----- | 100.0 | 8.9 | 23.4 | 18.9 | 21.2 | 13.9 | 13.9 | 100.0 | .5 | 9.8 | 30.0 | 24.7 | 18.7 | 16.4 |
| WINTER----- | 100.0 | 6.6 | 22.3 | 22.3 | 19.8 | 12.0 | 16.9 | 100.0 | 1.2 | 9.8 | 30.5 | 27.2 | 16.4 | 15.0 |
| UNDER 1,000----- | 100.0 | 20.5 | 38.4 | 13.6 | 15.0 | 5.5 | 6.8 | 100.0 | 11.0 | 6.9 | 49.3 | 15.1 | 2.7 | 15.1 |
| 1,000-1,999----- | 100.0 | 18.4 | 29.7 | 17.2 | 14.9 | 6.9 | 13.1 | 100.0 | 4.0 | 13.1 | 26.3 | 27.5 | 12.6 | 16.6 |
| 2,000-2,999----- | 100.0 | 11.3 | 26.1 | 18.4 | 19.9 | 8.9 | 15.3 | 100.0 | 2.4 | 12.6 | 21.1 | 31.6 | 17.8 | 14.4 |
| 3,000-3,999----- | 100.0 | 12.1 | 27.9 | 8.9 | 22.9 | 8.5 | 19.7 | 100.0 | 1.1 | 13.0 | 22.0 | 28.1 | 18.1 | 17.6 |
| 4,000-4,999----- | 100.0 | 7.9 | 21.1 | 24.1 | 22.8 | 11.8 | 12.3 | 100.0 | 1.5 | 7.9 | 33.7 | 24.3 | 18.7 | 14.9 |
| 5,000-5,999----- | 100.0 | 8.9 | 22.7 | 24.7 | 16.8 | 12.2 | 14.8 | 100.0 | 1.2 | 15.2 | 25.4 | 24.9 | 16.2 | 17.2 |
| 6,000-6,999----- | 100.0 | 6.4 | 20.4 | 21.4 | 25.1 | 12.3 | 14.3 | 100.0 | 1.8 | 8.0 | 27.5 | 25.1 | 19.5 | 18.1 |
| 7,000-7,999----- | 100.0 | 5.1 | 26.4 | 25.3 | 17.4 | 15.5 | 10.4 | 100.0 | 1.0 | 9.6 | 32.2 | 27.2 | 15.7 | 14.2 |
| 8,000-8,999----- | 100.0 | 6.0 | 21.0 | 19.2 | 23.9 | 15.4 | 14.5 | 100.0 | 1.2 | 6.9 | 30.8 | 27.2 | 19.5 | 14.5 |
| 9,000-9,999----- | 100.0 | 3.3 | 27.5 | 23.1 | 17.7 | 13.7 | 14.8 | 100.0 | .0 | 7.9 | 32.1 | 27.5 | 14.4 | 16.1 |
| 10,000-14,999----- | 100.0 | 4.2 | 20.0 | 27.3 | 21.2 | 11.3 | 16.2 | 100.0 | .7 | 7.4 | 40.6 | 25.1 | 13.0 | 13.2 |
| 15,000 AND OVER---- | 100.0 | .7 | 27.0 | 31.9 | 10.7 | 14.9 | 14.9 | 100.0 | .0 | 8.5 | 36.2 | 26.2 | 17.0 | 12.1 |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 9.--VITAMIN A VALUE, THIAMIN
TABLE 8.--CALCIUM, IRON
--CONTINUED

NORTHEAST

BY URBANIZATION

| SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 (1) | PERCENT OF HOUSEHOLD DIETS WITH SPECIFIED AMOUNTS OF NUTRIENT PER NUTRITION UNIT PER DAY * | | | | | | | | | | | | | |
|--|---|---------------------|---------------------|--------------------|----------------------|----------------------|-------------------------|-------------------------------|----------------------|---------------------|-----------------------|-----------------------|-----------------------|--------------------------|
| | CALCIUM, IN MILLIGRAMS | | | | | | | IRON, IN MILLIGRAMS | | | | | | |
| | ALL HOUSE- HOLDS (2) | UNDER 533 (3) | 533- 799* (4) | 800- 999 (5) | 1000- 1199 (6) | 1200- 1399 (7) | 1400 AND OVER (8) | ALL HOUSE- HOLDS (9) | UNDER 6.7 (10) | 6.7- 9.9 (11) | 10.0- 13.9 (12) | 14.0- 17.9 (13) | 18.0- 21.9 (14) | 22.0 AND OVER (15) |
| RURAL NONFARM | | | | | | | | | | | | | | |
| ALL HOUSEHOLDS, YEAR-- | 100.0 | 6.4 | 22.5 | 19.2 | 20.2 | 13.1 | 18.7 | 100.0 | 1.4 | 7.7 | 32.4 | 29.0 | 14.5 | 14.8 |
| SPRING----- | 100.0 | 6.2 | 21.0 | 25.6 | 17.6 | 13.3 | 16.4 | 100.0 | .9 | 9.6 | 30.6 | 30.3 | 14.2 | 14.5 |
| SUMMER----- | 100.0 | 10.6 | 27.2 | 15.5 | 20.4 | 9.7 | 16.5 | 100.0 | 1.0 | 7.8 | 43.7 | 25.3 | 10.7 | 11.7 |
| FALL----- | 100.0 | 3.1 | 22.7 | 13.4 | 21.7 | 12.4 | 26.8 | 100.0 | 1.0 | 9.3 | 26.8 | 28.9 | 21.6 | 12.4 |
| WINTER----- | 100.0 | 5.6 | 19.5 | 21.3 | 21.3 | 16.7 | 15.7 | 100.0 | 2.8 | 4.6 | 28.7 | 31.5 | 12.1 | 20.4 |
| UNDER 3,000----- | 100.0 | 9.5 | 28.1 | 11.2 | 13.2 | 12.5 | 25.6 | 100.0 | 7.5 | 8.8 | 28.8 | 17.5 | 14.4 | 23.1 |
| 3,000-4,999----- | 100.0 | 5.2 | 24.7 | 22.5 | 21.2 | 11.5 | 15.0 | 100.0 | .0 | 10.9 | 34.0 | 30.9 | 12.3 | 11.9 |
| 5,000-6,999----- | 100.0 | 8.2 | 22.9 | 21.7 | 22.8 | 8.7 | 15.8 | 100.0 | .8 | 7.8 | 32.7 | 27.9 | 15.5 | 15.2 |
| 7,000-9,999----- | 100.0 | 1.5 | 24.5 | 17.1 | 18.3 | 18.6 | 20.1 | 100.0 | .0 | 2.5 | 35.4 | 34.3 | 12.0 | 15.7 |
| 10,000 AND OVER---- | 100.0 | 6.1 | 17.8 | 22.1 | 20.3 | 18.4 | 15.3 | 100.0 | .0 | 11.6 | 27.6 | 33.1 | 17.2 | 10.4 |
| RURAL FARM | | | | | | | | | | | | | | |
| ALL HOUSEHOLDS, YEAR-- | 100.0 | 1.8 | 16.0 | 23.9 | 21.7 | 13.1 | 23.3 | 100.0 | .4 | 5.5 | 24.5 | 31.5 | 17.2 | 20.8 |
| SPRING----- | 100.0 | 2.4 | 20.4 | 18.7 | 21.9 | 10.6 | 26.0 | 100.0 | 1.6 | 3.2 | 30.9 | 21.1 | 17.9 | 25.2 |
| SUMMER----- | 100.0 | 2.0 | 19.6 | 21.6 | 21.6 | 11.8 | 23.5 | 100.0 | .0 | 2.0 | 25.4 | 35.3 | 21.6 | 15.7 |
| FALL----- | 100.0 | 2.7 | 10.8 | 21.6 | 27.0 | 8.1 | 29.7 | 100.0 | .0 | 10.8 | 24.3 | 32.4 | 18.9 | 13.5 |
| WINTER----- | 100.0 | .0 | 12.1 | 34.2 | 17.0 | 22.0 | 14.6 | 100.0 | .0 | 7.3 | 17.1 | 36.6 | 9.7 | 24.3 |
| UNDER 3,000----- | 100.0 | 1.1 | 11.1 | 8.9 | 17.8 | 22.2 | 38.9 | 100.0 | 2.2 | 3.3 | 14.4 | 14.4 | 23.3 | 42.2 |
| 3,000-4,999----- | 100.0 | 1.9 | 17.2 | 20.0 | 22.9 | 16.2 | 21.9 | 100.0 | .0 | 9.5 | 14.3 | 37.1 | 18.1 | 21.0 |
| 5,000-6,999----- | 100.0 | 4.0 | 14.2 | 31.3 | 26.5 | 6.8 | 17.0 | 100.0 | .0 | 7.5 | 28.5 | 36.7 | 12.3 | 15.0 |
| 7,000-9,999----- | 100.0 | .0 | 21.3 | 27.2 | 17.4 | 6.8 | 27.2 | 100.0 | .0 | 3.9 | 37.9 | 27.2 | 14.6 | 16.5 |
| 10,000 AND OVER---- | 100.0 | .0 | 16.7 | 16.6 | 31.0 | 16.7 | 19.0 | 100.0 | .0 | .0 | 28.6 | 35.7 | 26.2 | 9.5 |

* SEE NOTES FOLLOWING WEST, TABLE 18.

| SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 (1) | PERCENT OF HOUSEHOLD DIETS WITH SPECIFIED AMOUNTS OF NUTRIENT PER NUTRITION UNIT PER DAY * | | | | | | | | | | | | | |
|--|---|-----------------------|------------------------|------------------------|------------------------|--------------------------|---------------------------|-------------------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|--------------------------|
| | VITAMIN A VALUE, IN INTERNATIONAL UNITS | | | | | | | THIAMIN, IN MILLIGRAMS | | | | | | |
| | ALL HOUSE- HOLDS (2) | UNDER 3,333 (3) | 3,333- 4,999 (4) | 5,000- 7,499 (5) | 7,500- 9,999 (6) | 10,000- 14,999 (7) | 15,000 AND OVER (8) | ALL HOUSE- HOLDS (9) | UNDER 0.80 (10) | 0.80- 1.19 (11) | 1.20- 1.79 (12) | 1.80- 2.39 (13) | 2.40- 2.79 (14) | 2.80 AND OVER (15) |
| ALL URBANIZATIONS | | | | | | | | | | | | | | |
| ALL HOUSEHOLDS, YEAR----- | 100.0 | 6.3 | 14.7 | 28.1 | 21.7 | 17.8 | 11.3 | 100.0 | 1.8 | 8.6 | 31.4 | 31.1 | 11.2 | 15.9 |
| SPRING----- | 100.0 | 7.7 | 16.1 | 25.9 | 19.2 | 18.4 | 12.6 | 100.0 | 1.6 | 7.4 | 29.7 | 31.9 | 12.0 | 17.4 |
| SUMMER----- | 100.0 | 4.6 | 13.3 | 29.8 | 21.8 | 19.9 | 10.5 | 100.0 | 1.8 | 11.9 | 35.8 | 28.5 | 9.4 | 12.7 |
| FALL----- | 100.0 | 5.9 | 14.3 | 26.7 | 22.8 | 17.9 | 12.4 | 100.0 | 1.8 | 8.1 | 28.2 | 32.9 | 12.7 | 16.9 |
| WINTER----- | 100.0 | 7.1 | 15.0 | 29.9 | 22.9 | 15.4 | 9.7 | 100.0 | 1.8 | 7.5 | 31.7 | 31.4 | 11.1 | 16.6 |
| UNDER 1,000----- | 100.0 | 29.5 | 15.4 | 19.8 | 7.2 | 15.7 | 12.4 | 100.0 | 11.4 | 18.2 | 24.1 | 22.5 | 10.6 | 13.3 |
| 1,000-1,999----- | 100.0 | 17.8 | 19.9 | 15.5 | 20.0 | 12.4 | 14.4 | 100.0 | 5.8 | 16.3 | 31.0 | 19.9 | 9.3 | 17.8 |
| 2,000-2,999----- | 100.0 | 10.6 | 14.4 | 21.6 | 16.2 | 22.7 | 14.5 | 100.0 | 1.5 | 11.9 | 29.4 | 32.3 | 9.4 | 15.4 |
| 3,000-3,999----- | 100.0 | 9.0 | 17.3 | 23.8 | 19.5 | 18.2 | 12.1 | 100.0 | .7 | 11.4 | 29.2 | 26.1 | 11.4 | 21.2 |
| 4,000-4,999----- | 100.0 | 4.8 | 12.0 | 32.6 | 22.2 | 16.6 | 11.8 | 100.0 | 1.0 | 6.7 | 27.5 | 31.7 | 11.3 | 19.9 |
| 5,000-5,999----- | 100.0 | 6.6 | 13.9 | 30.3 | 18.6 | 17.3 | 13.5 | 100.0 | 2.0 | 9.1 | 31.3 | 28.9 | 12.5 | 16.3 |
| 6,000-6,999----- | 100.0 | 5.1 | 14.8 | 27.8 | 26.2 | 16.9 | 9.2 | 100.0 | .8 | 8.6 | 28.4 | 33.0 | 13.9 | 15.5 |
| 7,000-7,999----- | 100.0 | 2.7 | 16.3 | 29.8 | 23.4 | 18.4 | 9.3 | 100.0 | 1.2 | 5.6 | 32.8 | 34.5 | 11.1 | 14.8 |
| 8,000-8,999----- | 100.0 | 3.4 | 20.7 | 27.7 | 22.8 | 13.2 | 12.2 | 100.0 | 2.0 | 5.3 | 25.9 | 37.8 | 14.0 | 15.2 |
| 9,000-9,999----- | 100.0 | 3.5 | 8.9 | 27.9 | 26.8 | 22.7 | 10.2 | 100.0 | 1.7 | 4.7 | 36.6 | 30.8 | 10.1 | 16.1 |
| 10,000-14,999----- | 100.0 | 2.9 | 11.7 | 35.3 | 24.8 | 15.5 | 9.8 | 100.0 | 1.1 | 5.8 | 34.4 | 37.3 | 8.8 | 12.3 |
| 15,000 AND OVER----- | 100.0 | 1.6 | 8.2 | 23.9 | 24.9 | 30.5 | 10.9 | 100.0 | .0 | 7.1 | 46.7 | 29.4 | 8.1 | 8.7 |
| URBAN | | | | | | | | | | | | | | |
| ALL HOUSEHOLDS, YEAR----- | 100.0 | 6.1 | 14.1 | 27.7 | 21.6 | 18.1 | 12.5 | 100.0 | 1.9 | 9.1 | 31.5 | 30.4 | 10.9 | 16.2 |
| SPRING----- | 100.0 | 7.6 | 14.3 | 24.6 | 19.1 | 20.1 | 14.3 | 100.0 | 1.8 | 7.7 | 29.5 | 31.0 | 11.7 | 16.5 |
| SUMMER----- | 100.0 | 4.6 | 12.6 | 29.0 | 21.2 | 20.7 | 11.8 | 100.0 | 2.1 | 12.2 | 36.1 | 27.4 | 9.1 | 13.2 |
| FALL----- | 100.0 | 5.8 | 14.9 | 27.2 | 22.9 | 16.8 | 12.3 | 100.0 | 2.3 | 8.4 | 28.4 | 32.8 | 10.6 | 17.6 |
| WINTER----- | 100.0 | 6.7 | 14.5 | 29.7 | 22.8 | 15.2 | 11.3 | 100.0 | 1.7 | 8.1 | 32.4 | 30.6 | 12.0 | 15.2 |
| UNDER 1,000----- | 100.0 | 35.7 | 13.7 | 24.7 | .0 | 15.1 | 11.0 | 100.0 | 13.7 | 17.8 | 27.3 | 24.7 | 8.2 | 8.2 |
| 1,000-1,999----- | 100.0 | 19.5 | 20.0 | 13.7 | 19.4 | 10.9 | 16.6 | 100.0 | 6.9 | 13.6 | 36.0 | 18.8 | 5.7 | 18.9 |
| 2,000-2,999----- | 100.0 | 10.4 | 13.8 | 19.6 | 16.3 | 22.7 | 17.2 | 100.0 | 1.8 | 12.0 | 29.2 | 30.6 | 9.5 | 16.9 |
| 3,000-3,999----- | 100.0 | 8.5 | 14.6 | 23.3 | 19.5 | 20.6 | 13.6 | 100.0 | .9 | 12.8 | 28.2 | 22.0 | 12.1 | 24.0 |
| 4,000-4,999----- | 100.0 | 4.9 | 10.5 | 31.1 | 21.3 | 18.6 | 13.7 | 100.0 | 1.4 | 9.4 | 29.0 | 28.7 | 11.2 | 20.4 |
| 5,000-5,999----- | 100.0 | 7.0 | 12.5 | 29.1 | 18.4 | 17.9 | 15.0 | 100.0 | 2.5 | 9.4 | 32.1 | 27.7 | 11.1 | 17.0 |
| 6,000-6,999----- | 100.0 | 4.8 | 13.7 | 27.9 | 26.6 | 17.5 | 9.5 | 100.0 | 1.0 | 10.2 | 24.5 | 34.5 | 15.2 | 14.6 |
| 7,000-7,999----- | 100.0 | 2.3 | 16.3 | 29.9 | 22.1 | 18.2 | 11.0 | 100.0 | 1.5 | 5.1 | 32.3 | 35.7 | 10.8 | 14.6 |
| 8,000-8,999----- | 100.0 | 3.3 | 18.9 | 27.5 | 24.9 | 12.1 | 13.4 | 100.0 | 2.4 | 4.5 | 27.2 | 36.9 | 13.3 | 15.7 |
| 9,000-9,999----- | 100.0 | 4.0 | 10.1 | 27.1 | 27.4 | 19.5 | 11.9 | 100.0 | 2.2 | 5.1 | 38.2 | 36.7 | 10.1 | 13.7 |
| 10,000-14,999----- | 100.0 | 2.6 | 13.6 | 34.8 | 24.7 | 15.1 | 9.3 | 100.0 | .8 | 6.5 | 34.6 | 36.8 | 8.7 | 12.6 |
| 15,000 AND OVER----- | 100.0 | .0 | 9.9 | 19.1 | 29.1 | 31.9 | 10.0 | 100.0 | .0 | 7.1 | 45.4 | 31.2 | 9.2 | 7.1 |

| SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 (1) | PERCENT OF HOUSEHOLD DIETS WITH SPECIFIED AMOUNTS OF NUTRIENT PER NUTRITION UNIT PER DAY * | | | | | | | | | | | | | |
|--|---|-----------------------|------------------------|------------------------|------------------------|--------------------------|---------------------------|-------------------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|--------------------------|
| | VITAMIN A VALUE, IN INTERNATIONAL UNITS | | | | | | | THIAMIN, IN MILLIGRAMS | | | | | | |
| | ALL HOUSE- HOLDS (2) | UNDER 3,333 (3) | 3,333- 4,999 (4) | 5,000- 7,499 (5) | 7,500- 9,999 (6) | 10,000- 14,999 (7) | 15,000 AND OVER (8) | ALL HOUSE- HOLDS (9) | UNDER 0.80 (10) | 0.80- 1.19 (11) | 1.20- 1.79 (12) | 1.80- 2.39 (13) | 2.40- 2.79 (14) | 2.80 AND OVER (15) |
| RURAL NONFARM | | | | | | | | | | | | | | |
| ALL HOUSEHOLDS, YEAR- | 100.0 | 7.2 | 16.9 | 29.8 | 22.4 | 16.6 | 7.1 | 100.0 | 1.0 | 7.6 | 31.2 | 33.6 | 12.1 | 14.4 |
| SPRING----- | 100.0 | 8.4 | 22.5 | 30.6 | 19.4 | 12.1 | 7.1 | 100.0 | .9 | 6.6 | 31.2 | 35.1 | 13.3 | 13.9 |
| SUMMER----- | 100.0 | 4.9 | 15.5 | 33.0 | 24.3 | 16.5 | 5.8 | 100.0 | 1.0 | 11.7 | 36.9 | 31.1 | 9.7 | 9.7 |
| FALL----- | 100.0 | 6.2 | 12.4 | 24.7 | 22.7 | 21.7 | 12.4 | 100.0 | .0 | 7.1 | 26.8 | 34.0 | 18.6 | 13.4 |
| WINTER----- | 100.0 | 9.3 | 16.7 | 30.6 | 23.1 | 16.7 | 3.8 | 100.0 | 1.9 | 5.6 | 29.7 | 34.3 | 7.4 | 21.3 |
| UNDER 3,000----- | 100.0 | 15.1 | 19.4 | 21.9 | 19.4 | 17.5 | 6.9 | 100.0 | 3.1 | 19.4 | 23.2 | 28.8 | 13.8 | 11.9 |
| 3,000-4,999----- | 100.0 | 8.0 | 22.9 | 32.6 | 22.0 | 8.8 | 5.7 | 100.0 | .0 | 6.2 | 28.1 | 42.3 | 10.1 | 13.2 |
| 5,000-6,999----- | 100.0 | 5.6 | 18.6 | 30.4 | 22.8 | 14.9 | 7.7 | 100.0 | .0 | 5.3 | 33.6 | 31.5 | 14.1 | 15.5 |
| 7,000-9,999----- | 100.0 | 3.3 | 16.1 | 29.6 | 24.1 | 22.6 | 4.4 | 100.0 | .0 | 7.3 | 29.5 | 33.2 | 12.8 | 17.2 |
| 10,000 AND OVER---- | 100.0 | 4.9 | 3.1 | 39.3 | 21.5 | 19.0 | 12.3 | 100.0 | 1.8 | 3.7 | 39.2 | 34.4 | 8.0 | 12.9 |
| RURAL FARM | | | | | | | | | | | | | | |
| ALL HOUSEHOLDS, YEAR- | 100.0 | 3.1 | 15.3 | 28.6 | 20.8 | 19.3 | 12.9 | 100.0 | .0 | 5.3 | 24.3 | 32.6 | 13.9 | 23.9 |
| SPRING----- | 100.0 | 5.7 | 17.1 | 26.0 | 22.8 | 18.7 | 9.8 | 100.0 | .0 | 7.4 | 22.8 | 35.0 | 13.8 | 21.1 |
| SUMMER----- | 100.0 | 2.0 | 15.7 | 27.5 | 19.6 | 25.4 | 9.9 | 100.0 | .0 | 3.9 | 17.6 | 39.3 | 13.7 | 25.5 |
| FALL----- | 100.0 | 5.4 | 8.1 | 27.0 | 16.2 | 27.0 | 16.2 | 100.0 | .0 | 8.1 | 29.7 | 24.3 | 16.2 | 21.6 |
| WINTER----- | 100.0 | .0 | 19.5 | 34.1 | 24.4 | 4.8 | 17.1 | 100.0 | .0 | 2.4 | 29.3 | 29.3 | 12.2 | 26.6 |
| UNDER 3,000----- | 100.0 | 2.2 | 15.6 | 20.0 | 23.3 | 27.8 | 11.0 | 100.0 | .0 | 2.2 | 25.5 | 18.9 | 15.6 | 37.8 |
| 3,000-4,999----- | 100.0 | 3.8 | 10.5 | 26.7 | 30.5 | 17.2 | 11.6 | 100.0 | .0 | 5.8 | 17.2 | 35.2 | 13.3 | 28.6 |
| 5,000-6,999----- | 100.0 | 4.8 | 15.6 | 40.1 | 12.2 | 15.0 | 12.1 | 100.0 | .0 | 12.9 | 25.8 | 26.5 | 15.0 | 19.7 |
| 7,000-9,999----- | 100.0 | 2.9 | 23.3 | 30.1 | 12.6 | 20.4 | 10.7 | 100.0 | .0 | .0 | 29.1 | 40.8 | 14.6 | 15.5 |
| 10,000 AND OVER---- | 100.0 | .0 | 14.3 | 16.7 | 28.6 | 26.2 | 14.2 | 100.0 | .0 | .0 | 14.3 | 52.3 | 9.5 | 23.8 |

TABLE 10.--RIBOFLAVIN, ASCORBIC ACID

NORTHEAST

BY URBANIZATION

| SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 (1) | PERCENT OF HOUSEHOLD DIETS WITH SPECIFIED AMOUNTS OF NUTRIENT PER NUTRITION UNIT PER DAY * | | | | | | | | | | | | | |
|--|---|----------------------|----------------------|----------------------|----------------------|----------------------|-------------------------|-------------------------------|---------------------|-------------------|-------------------|--------------------|---------------------|-------------------------|
| | RIBOFLAVIN, IN MILLIGRAMS | | | | | | | ASCORBIC ACID, IN MILLIGRAMS | | | | | | |
| | ALL HOUSE- HOLDS (2) | UNDER 1.13 (3) | 1.13- 1.69 (4) | 1.70- 2.49 (5) | 2.50- 2.89 (6) | 2.90- 3.29 (7) | 3.30 AND OVER (8) | ALL HOUSE- HOLDS (9) | UNDER 47 (10) | 47- 69 (11) | 70- 89 (12) | 90- 129 (13) | 130- 169 (14) | 170 AND OVER (15) |
| ALL URBANIZATIONS | | | | | | | | | | | | | | |
| ALL HOUSEHOLDS, YEAR-- | 100.0 | .9 | 4.6 | 23.5 | 17.5 | 17.4 | 36.0 | 100.0 | 7.2 | 12.0 | 12.7 | 26.7 | 19.6 | 22.0 |
| SPRING----- | 100.0 | 1.0 | 4.4 | 19.1 | 14.9 | 16.7 | 43.9 | 100.0 | 9.2 | 11.7 | 12.7 | 23.3 | 19.9 | 23.2 |
| SUMMER----- | 100.0 | 1.4 | 4.9 | 26.8 | 17.1 | 19.7 | 30.1 | 100.0 | 7.0 | 10.2 | 12.1 | 28.3 | 21.9 | 20.4 |
| FALL----- | 100.0 | .6 | 4.0 | 21.2 | 20.5 | 15.6 | 38.2 | 100.0 | 7.4 | 16.4 | 11.7 | 24.8 | 19.0 | 20.7 |
| WINTER----- | 100.0 | .6 | 5.1 | 22.5 | 16.6 | 18.0 | 37.5 | 100.0 | 5.1 | 9.8 | 14.0 | 30.0 | 17.7 | 23.5 |
| UNDER 1,000----- | 100.0 | 13.4 | 8.7 | 29.8 | 5.9 | 17.1 | 25.5 | 100.0 | 31.5 | 20.9 | 13.3 | 12.9 | 11.6 | 9.9 |
| 1,000-1,999----- | 100.0 | 1.9 | 13.2 | 27.2 | 11.2 | 13.7 | 32.7 | 100.0 | 22.1 | 11.7 | 13.9 | 21.3 | 13.4 | 17.8 |
| 2,000-2,999----- | 100.0 | 1.3 | 6.9 | 24.6 | 14.3 | 10.3 | 42.6 | 100.0 | 14.3 | 15.3 | 17.3 | 24.1 | 14.9 | 14.1 |
| 3,000-3,999----- | 100.0 | .7 | 6.9 | 23.1 | 16.2 | 15.0 | 38.0 | 100.0 | 13.7 | 15.8 | 12.4 | 23.7 | 13.1 | 21.4 |
| 4,000-4,999----- | 100.0 | .2 | 3.7 | 25.0 | 16.2 | 12.8 | 42.1 | 100.0 | 6.3 | 12.3 | 14.4 | 30.9 | 13.7 | 22.4 |
| 5,000-5,999----- | 100.0 | .7 | 5.3 | 24.2 | 16.7 | 17.8 | 35.3 | 100.0 | 6.1 | 15.3 | 12.9 | 27.7 | 18.7 | 19.4 |
| 6,000-6,999----- | 100.0 | .6 | 4.9 | 22.5 | 16.7 | 20.3 | 35.1 | 100.0 | 3.4 | 11.1 | 14.9 | 27.4 | 23.5 | 19.7 |
| 7,000-7,999----- | 100.0 | 1.0 | 3.0 | 24.8 | 18.7 | 18.4 | 34.2 | 100.0 | 3.4 | 12.0 | 16.1 | 28.5 | 21.3 | 18.6 |
| 8,000-8,999----- | 100.0 | .0 | 4.4 | 18.7 | 19.0 | 23.0 | 34.6 | 100.0 | 1.8 | 7.7 | 13.4 | 29.0 | 17.2 | 30.7 |
| 9,000-9,999----- | 100.0 | .0 | 2.1 | 23.3 | 20.7 | 19.3 | 34.7 | 100.0 | 5.8 | 12.9 | 3.9 | 24.7 | 27.3 | 25.5 |
| 10,000-14,999----- | 100.0 | .5 | 1.9 | 22.0 | 20.4 | 20.6 | 34.8 | 100.0 | 2.0 | 6.0 | 6.9 | 29.5 | 29.4 | 26.2 |
| 15,000 AND OVER---- | 100.0 | .0 | 3.3 | 27.2 | 18.4 | 18.4 | 32.6 | 100.0 | .0 | 6.0 | 10.3 | 25.0 | 23.9 | 34.7 |
| URBAN | | | | | | | | | | | | | | |
| ALL HOUSEHOLDS, YEAR-- | 100.0 | 1.0 | 5.1 | 22.8 | 17.8 | 17.1 | 36.2 | 100.0 | 6.7 | 11.5 | 12.2 | 26.2 | 19.8 | 23.7 |
| SPRING----- | 100.0 | 1.1 | 4.3 | 19.1 | 14.1 | 15.4 | 45.9 | 100.0 | 7.9 | 10.7 | 11.4 | 24.0 | 20.4 | 25.6 |
| SUMMER----- | 100.0 | 1.6 | 5.4 | 25.5 | 17.5 | 19.4 | 30.6 | 100.0 | 7.0 | 10.2 | 12.7 | 28.5 | 21.8 | 19.9 |
| FALL----- | 100.0 | .8 | 5.0 | 19.9 | 21.4 | 16.1 | 37.0 | 100.0 | 6.9 | 16.4 | 11.3 | 23.4 | 19.4 | 22.7 |
| WINTER----- | 100.0 | .4 | 5.0 | 22.6 | 17.2 | 17.4 | 37.3 | 100.0 | 5.3 | 8.3 | 13.3 | 29.0 | 17.8 | 26.2 |
| UNDER 1,000----- | 100.0 | 13.7 | 11.0 | 35.6 | 6.8 | 17.8 | 15.1 | 100.0 | 31.5 | 21.9 | 11.0 | 15.1 | 8.2 | 12.3 |
| 1,000-1,999----- | 100.0 | 2.9 | 13.7 | 26.9 | 12.0 | 16.0 | 28.6 | 100.0 | 23.9 | 8.0 | 17.2 | 18.8 | 12.0 | 20.0 |
| 2,000-2,999----- | 100.0 | 1.2 | 7.9 | 22.1 | 16.0 | 8.9 | 43.9 | 100.0 | 11.9 | 16.5 | 18.4 | 20.8 | 15.6 | 16.6 |
| 3,000-3,999----- | 100.0 | .9 | 7.8 | 21.2 | 16.2 | 14.6 | 39.1 | 100.0 | 12.2 | 16.3 | 11.2 | 24.0 | 13.7 | 22.7 |
| 4,000-4,999----- | 100.0 | .2 | 3.9 | 23.0 | 16.0 | 12.1 | 44.7 | 100.0 | 6.6 | 10.9 | 13.1 | 31.3 | 14.9 | 23.0 |
| 5,000-5,999----- | 100.0 | .9 | 6.1 | 22.8 | 15.8 | 18.5 | 35.8 | 100.0 | 6.7 | 13.5 | 11.5 | 27.7 | 19.0 | 21.6 |
| 6,000-6,999----- | 100.0 | .8 | 5.3 | 20.9 | 17.0 | 20.4 | 35.6 | 100.0 | 2.9 | 9.8 | 13.9 | 27.6 | 24.1 | 21.6 |
| 7,000-7,999----- | 100.0 | 1.2 | 3.3 | 24.9 | 18.5 | 16.6 | 35.5 | 100.0 | 2.2 | 13.0 | 14.6 | 28.3 | 21.7 | 20.2 |
| 8,000-8,999----- | 100.0 | .0 | 5.7 | 17.4 | 18.0 | 23.1 | 35.8 | 100.0 | 1.5 | 7.5 | 14.5 | 27.2 | 17.2 | 32.2 |
| 9,000-9,999----- | 100.0 | .0 | 2.5 | 24.2 | 21.7 | 15.9 | 35.7 | 100.0 | 6.1 | 13.7 | 4.3 | 23.9 | 27.5 | 24.5 |
| 10,000-14,999----- | 100.0 | .0 | 1.6 | 24.5 | 20.8 | 19.5 | 33.6 | 100.0 | 1.5 | 5.8 | 7.2 | 29.3 | 27.5 | 28.6 |
| 15,000 AND OVER---- | 100.0 | .0 | 2.1 | 26.3 | 21.3 | 20.6 | 29.8 | 100.0 | .0 | 4.9 | 6.4 | 21.2 | 29.8 | 37.6 |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 10.—RIBOFLAVIN, ASCORBIC ACID
--CONTINUED

NORTHEAST

BY ORGANIZATION

| SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 (1) | PERCENT OF HOUSEHOLD DIETS WITH SPECIFIED AMOUNTS OF NUTRIENT PER NUTRITION UNIT PER DAY * | | | | | | | | | | | | | |
|--|---|----------------------|----------------------|----------------------|----------------------|----------------------|-------------------------|-------------------------------|---------------------|-------------------|-------------------|--------------------|---------------------|-------------------------|
| | RIBOFLAVIN, IN MILLIGRAMS | | | | | | | ASCORBIC ACID, IN MILLIGRAMS | | | | | | |
| | ALL HOUSE- HOLDS (2) | UNDER 1.13 (3) | 1.13- 1.69 (4) | 1.70- 2.49 (5) | 2.50- 2.89 (6) | 2.90- 3.29 (7) | 3.30 AND OVER (8) | ALL HOUSE- HOLDS (9) | UNDER 47 (10) | 47- 69 (11) | 70- 89 (12) | 90- 129 (13) | 130- 169 (14) | 170 AND OVER (15) |
| RURAL NONFARM | | | | | | | | | | | | | | |
| ALL HOUSEHOLDS, YEAR-- | 100.0 | .7 | 3.4 | 26.7 | 16.2 | 18.5 | 34.5 | 100.0 | 9.0 | 14.1 | 14.3 | 28.3 | 18.5 | 15.9 |
| SPRING----- | 100.0 | .9 | 4.8 | 18.7 | 17.6 | 21.6 | 36.1 | 100.0 | 13.6 | 15.2 | 17.0 | 21.0 | 18.2 | 15.1 |
| SUMMER----- | 100.0 | 1.0 | 2.9 | 33.0 | 15.5 | 20.4 | 27.2 | 100.0 | 7.7 | 10.8 | 9.7 | 28.1 | 21.3 | 22.3 |
| FALL----- | 100.0 | .0 | 1.0 | 26.9 | 16.5 | 13.4 | 42.3 | 100.0 | 10.4 | 16.5 | 13.4 | 29.9 | 17.6 | 12.4 |
| WINTER----- | 100.0 | .9 | 4.6 | 22.3 | 13.9 | 20.4 | 38.0 | 100.0 | 4.7 | 13.9 | 16.6 | 34.3 | 16.7 | 13.9 |
| UNDER 3,000----- | 100.0 | 3.2 | 7.6 | 31.3 | 6.9 | 13.8 | 37.5 | 100.0 | 25.0 | 15.1 | 9.4 | 30.0 | 14.4 | 6.3 |
| 3,000-4,999----- | 100.0 | .0 | 3.0 | 32.6 | 16.3 | 15.4 | 32.6 | 100.0 | 12.7 | 15.0 | 18.1 | 26.0 | 9.7 | 18.5 |
| 5,000-6,999----- | 100.0 | .0 | 2.5 | 28.7 | 17.7 | 17.5 | 33.5 | 100.0 | 4.3 | 19.2 | 17.5 | 27.3 | 19.1 | 12.7 |
| 7,000-9,999----- | 100.0 | .0 | .8 | 23.7 | 19.3 | 26.3 | 29.9 | 100.0 | 5.8 | 8.7 | 13.2 | 30.6 | 20.8 | 20.8 |
| 10,000 AND OVER---- | 100.0 | 1.8 | 4.3 | 16.6 | 16.0 | 21.5 | 39.9 | 100.0 | 3.1 | 7.4 | 10.4 | 32.5 | 28.8 | 17.8 |
| RURAL FARM | | | | | | | | | | | | | | |
| ALL HOUSEHOLDS, YEAR-- | 100.0 | .0 | 2.4 | 16.3 | 19.6 | 17.6 | 44.1 | 100.0 | 2.6 | 15.3 | 15.9 | 28.0 | 21.6 | 16.7 |
| SPRING----- | 100.0 | .0 | 2.4 | 14.6 | 16.3 | 16.3 | 50.4 | 100.0 | 8.1 | 17.1 | 14.6 | 26.0 | 18.7 | 15.4 |
| SUMMER----- | 100.0 | .0 | 4.0 | 13.8 | 17.6 | 23.5 | 41.2 | 100.0 | 2.0 | 5.9 | 19.6 | 25.4 | 29.4 | 17.6 |
| FALL----- | 100.0 | .0 | .0 | 18.9 | 21.6 | 13.5 | 45.9 | 100.0 | .0 | 16.2 | 8.1 | 35.1 | 18.9 | 21.6 |
| WINTER----- | 100.0 | .0 | .0 | 17.0 | 22.0 | 14.6 | 46.3 | 100.0 | .0 | 24.3 | 19.6 | 26.9 | 17.0 | 12.2 |
| UNDER 3,000----- | 100.0 | .0 | 1.1 | 11.1 | 8.9 | 7.8 | 71.1 | 100.0 | 6.7 | 18.9 | 22.3 | 13.3 | 21.1 | 17.8 |
| 3,000-4,999----- | 100.0 | .0 | 3.9 | 15.2 | 19.0 | 19.0 | 42.9 | 100.0 | 4.9 | 19.1 | 15.3 | 28.6 | 13.4 | 19.0 |
| 5,000-6,999----- | 100.0 | .0 | 4.7 | 23.1 | 20.4 | 17.0 | 34.7 | 100.0 | 1.4 | 10.9 | 17.0 | 30.6 | 24.4 | 15.6 |
| 7,000-9,999----- | 100.0 | .0 | .0 | 18.4 | 27.2 | 20.4 | 34.0 | 100.0 | .0 | 16.5 | 12.6 | 36.9 | 22.3 | 11.7 |
| 10,000 AND OVER---- | 100.0 | .0 | .0 | 7.2 | 19.0 | 23.8 | 50.0 | 100.0 | .0 | 11.9 | 4.8 | 21.4 | 35.7 | 26.2 |

* SEE NOTES FOLLOWING WEST, TABLE 18.

| SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 | PERCENT OF HOUSEHOLD DIETS WITH SPECIFIED AMOUNTS OF NUTRIENT PER NUTRITION UNIT PER DAY | | | | | | | |
|---|---|---------|---------|------|-----------------------|---------|-----------------|------------------|
| | ANY NUTRIENT (OF 7) | PROTEIN | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO- FLAVIN | ASCORBIC ACID |
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) |
| LESS THAN RECOMMENDED ALLOWANCE (1963) | | | | | | | | |
| ALL HOUSEHOLDS, YEAR- | 46.9 | 4.5 | 30.8 | 11.1 | 21.0 | 10.4 | 5.5 | 19.2 |
| SPRING----- | 47.3 | 5.1 | 30.1 | 10.9 | 23.8 | 9.0 | 5.4 | 20.9 |
| SUMMER----- | 48.5 | 5.8 | 34.5 | 13.2 | 17.9 | 13.7 | 6.3 | 17.2 |
| FALL----- | 47.1 | 3.2 | 30.7 | 10.3 | 20.2 | 9.9 | 4.6 | 23.8 |
| WINTER----- | 44.7 | 4.9 | 28.0 | 10.3 | 22.1 | 9.3 | 5.7 | 14.9 |
| UNDER 1,000----- | 71.3 | 25.8 | 52.8 | 17.2 | 44.9 | 29.6 | 22.1 | 52.4 |
| 1,000-1,999----- | 62.4 | 20.6 | 45.0 | 17.8 | 37.7 | 22.1 | 15.1 | 33.8 |
| 2,000-2,999----- | 56.9 | 8.8 | 35.9 | 14.2 | 25.0 | 13.4 | 8.2 | 29.6 |
| 3,000-3,999----- | 55.3 | 4.6 | 37.9 | 14.9 | 26.3 | 12.1 | 7.6 | 29.5 |
| 4,000-4,999----- | 46.0 | 2.9 | 28.9 | 8.4 | 16.8 | 9.7 | 3.9 | 18.6 |
| 5,000-5,999----- | 48.5 | 5.1 | 31.1 | 14.8 | 20.5 | 11.1 | 6.0 | 21.4 |
| 6,000-6,999----- | 40.9 | 3.4 | 27.9 | 9.2 | 19.9 | 9.4 | 5.5 | 14.5 |
| 7,000-7,999----- | 44.6 | 2.3 | 29.8 | 8.7 | 19.0 | 6.8 | 4.0 | 15.4 |
| 8,000-8,999----- | 43.3 | 3.0 | 27.8 | 7.4 | 24.1 | 7.3 | 4.4 | 9.5 |
| 9,000-9,999----- | 41.2 | 1.3 | 28.8 | 6.7 | 12.4 | 6.4 | 2.1 | 18.7 |
| 10,000-14,999----- | 35.8 | 1.4 | 23.6 | 8.3 | 14.6 | 6.9 | 2.4 | 8.0 |
| 15,000 AND OVER---- | 40.2 | .0 | 28.3 | 11.4 | 9.8 | 7.1 | 3.3 | 6.0 |
| LESS THAN TWO-THIRDS RECOMMENDED ALLOWANCE (1963) | | | | | | | | |
| ALL HOUSEHOLDS, YEAR- | 15.4 | .7 | 7.5 | 1.5 | 6.3 | 1.8 | .9 | 7.2 |
| SPRING----- | 17.4 | 1.0 | 6.6 | 2.2 | 7.7 | 1.6 | 1.0 | 9.2 |
| SUMMER----- | 14.9 | .6 | 9.1 | 1.6 | 4.6 | 1.8 | 1.4 | 7.0 |
| FALL----- | 15.3 | .6 | 7.6 | .6 | 5.9 | 1.8 | .6 | 7.4 |
| WINTER----- | 14.1 | 1.0 | 6.4 | 1.6 | 7.1 | 1.8 | .6 | 5.1 |
| UNDER 1,000----- | 42.8 | 10.5 | 18.2 | 11.5 | 29.5 | 11.4 | 13.4 | 31.5 |
| 1,000-1,999----- | 35.6 | 4.3 | 16.2 | 5.1 | 17.8 | 5.8 | 1.9 | 22.1 |
| 2,000-2,999----- | 24.5 | 2.1 | 9.8 | 2.6 | 10.6 | 1.5 | 1.3 | 14.3 |
| 3,000-3,999----- | 23.1 | .8 | 9.9 | .9 | 9.0 | .7 | .7 | 13.7 |
| 4,000-4,999----- | 15.5 | .0 | 8.0 | 1.2 | 4.8 | 1.0 | .2 | 6.3 |
| 5,000-5,999----- | 16.6 | .1 | 8.6 | 1.2 | 6.6 | 2.0 | .7 | 6.1 |
| 6,000-6,999----- | 11.9 | .7 | 6.9 | 1.4 | 5.1 | .8 | .6 | 3.4 |
| 7,000-7,999----- | 8.5 | .0 | 4.6 | .8 | 2.7 | 1.2 | 1.0 | 3.4 |
| 8,000-8,999----- | 8.3 | .2 | 4.7 | 1.0 | 3.4 | 2.0 | .0 | 1.8 |
| 9,000-9,999----- | 10.2 | .0 | 2.6 | .0 | 3.5 | 1.7 | .0 | 5.8 |
| 10,000-14,999----- | 8.3 | .0 | 4.9 | .6 | 2.9 | 1.1 | .5 | 2.0 |
| 15,000 AND OVER---- | 2.2 | .0 | .5 | .0 | 1.6 | .0 | .0 | .0 |

* SEE NOTES FOLLOWING WEST, TABLE 18.

| SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 (1) | PERCENT OF HOUSEHOLD DIETS WITH SPECIFIED AMOUNTS OF NUTRIENT PER NUTRITION UNIT PER DAY | | | | | | | |
|--|---|----------------|----------------|-------------|------------------------------|----------------|------------------------|-------------------------|
| | ANY NUTRIENT (OF 7) (2) | PROTEIN (3) | CALCIUM (4) | IRON (5) | VITAMIN A VALUE (6) | THIAMIN (7) | RIBO- FLAVIN (8) | ASCORBIC ACID (9) |
| LESS THAN RECOMMENDED ALLOWANCE (1963) | | | | | | | | |
| ALL HOUSEHOLDS, YEAR- | 47.0 | 4.8 | 31.5 | 11.7 | 20.2 | 11.0 | 6.1 | 18.2 |
| SPRING----- | 46.2 | 5.3 | 31.2 | 11.0 | 21.9 | 9.5 | 5.4 | 18.6 |
| SUMMER----- | 47.8 | 6.2 | 34.0 | 14.9 | 17.2 | 14.3 | 7.0 | 17.2 |
| FALL----- | 49.1 | 2.8 | 32.3 | 10.3 | 20.7 | 10.7 | 5.8 | 23.3 |
| WINTER----- | 44.9 | 4.8 | 28.9 | 11.0 | 21.2 | 9.8 | 5.4 | 13.6 |
| UNDER 1,000----- | 78.1 | 26.1 | 58.9 | 17.9 | 49.4 | 31.5 | 24.7 | 53.4 |
| 1,000-1,999----- | 62.9 | 19.3 | 48.1 | 17.1 | 39.5 | 20.5 | 16.6 | 31.9 |
| 2,000-2,999----- | 58.0 | 8.8 | 37.4 | 15.0 | 24.2 | 13.8 | 9.1 | 28.4 |
| 3,000-3,999----- | 54.9 | 5.1 | 40.0 | 14.1 | 23.1 | 13.7 | 8.7 | 28.5 |
| 4,000-4,999----- | 44.1 | 3.3 | 29.0 | 9.4 | 15.4 | 10.8 | 4.1 | 17.5 |
| 5,000-5,999----- | 48.1 | 5.8 | 31.6 | 16.4 | 19.5 | 11.9 | 7.0 | 20.2 |
| 6,000-6,999----- | 39.1 | 3.3 | 26.8 | 9.8 | 18.5 | 11.2 | 6.1 | 12.7 |
| 7,000-7,999----- | 45.2 | 3.0 | 31.5 | 10.6 | 18.6 | 6.6 | 4.5 | 15.2 |
| 8,000-8,999----- | 41.1 | 3.9 | 27.0 | 8.1 | 22.2 | 6.9 | 5.7 | 9.0 |
| 9,000-9,999----- | 44.4 | 1.4 | 30.8 | 7.9 | 14.1 | 7.3 | 2.5 | 19.8 |
| 10,000-14,999----- | 37.7 | 1.1 | 24.2 | 8.1 | 16.2 | 7.3 | 1.6 | 7.3 |
| 15,000 AND OVER---- | 39.0 | .0 | 27.7 | 8.5 | 9.9 | 7.1 | 2.1 | 4.9 |
| LESS THAN TWO-THIRDS RECOMMENDED ALLOWANCE (1963) | | | | | | | | |
| ALL HOUSEHOLDS, YEAR- | 15.3 | .8 | 7.8 | 1.5 | 6.1 | 1.9 | 1.0 | 6.7 |
| SPRING----- | 16.8 | 1.0 | 6.9 | 2.5 | 7.6 | 1.8 | 1.1 | 7.9 |
| SUMMER----- | 14.8 | .8 | 8.9 | 1.9 | 4.6 | 2.1 | 1.6 | 7.0 |
| FALL----- | 15.6 | .8 | 8.9 | .5 | 5.8 | 2.3 | .8 | 6.9 |
| WINTER----- | 14.2 | .7 | 6.6 | 1.2 | 6.7 | 1.7 | .4 | 5.3 |
| UNDER 1,000----- | 47.9 | 13.7 | 20.5 | 11.0 | 35.7 | 13.7 | 13.7 | 31.5 |
| 1,000-1,999----- | 40.0 | 4.5 | 18.4 | 4.0 | 19.5 | 6.9 | 2.9 | 23.9 |
| 2,000-2,999----- | 23.6 | 2.1 | 11.3 | 2.4 | 10.4 | 1.8 | 1.2 | 11.9 |
| 3,000-3,999----- | 23.1 | 1.0 | 12.1 | 1.1 | 8.5 | .9 | .9 | 12.2 |
| 4,000-4,999----- | 15.6 | .0 | 7.9 | 1.5 | 4.9 | 1.4 | .2 | 6.6 |
| 5,000-5,999----- | 17.2 | .1 | 8.9 | 1.2 | 7.0 | 2.5 | .9 | 6.7 |
| 6,000-6,999----- | 11.2 | .8 | 6.4 | 1.8 | 4.8 | 1.0 | .8 | 2.9 |
| 7,000-7,999----- | 8.3 | .0 | 5.1 | 1.0 | 2.3 | 1.5 | 1.2 | 2.2 |
| 8,000-8,999----- | 8.6 | .3 | 6.0 | 1.2 | 3.3 | 2.4 | .0 | 1.5 |
| 9,000-9,999----- | 11.2 | .0 | 3.3 | .0 | 4.0 | 2.2 | .0 | 6.1 |
| 10,000-14,999----- | 7.2 | .0 | 4.2 | .7 | 2.6 | .8 | .0 | 1.5 |
| 15,000 AND OVER---- | .7 | .0 | .7 | .0 | .0 | .0 | .0 | .0 |

| SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 | PERCENT OF HOUSEHOLD DIETS WITH SPECIFIED AMOUNTS OF NUTRIENT PER NUTRITION UNIT PER DAY | | | | | | | |
|---|---|---------|---------|------|-----------------------|---------|-----------------|------------------|
| | ANY NUTRIENT (OF 7) | PROTEIN | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO- FLAVIN | ASCORBIC ACID |
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) |

LESS THAN RECOMMENDED ALLOWANCE (1963)

| | | | | | | | | |
|------------------------|------|------|------|------|------|------|------|------|
| ALL HOUSEHOLDS, YEAR-- | 47.0 | 4.6 | 28.9 | 9.1 | 24.1 | 8.6 | 4.1 | 23.1 |
| SPRING----- | 51.5 | 3.7 | 27.2 | 10.5 | 30.9 | 7.5 | 5.7 | 28.8 |
| SUMMER----- | 52.4 | 4.8 | 37.8 | 8.8 | 20.4 | 12.7 | 3.9 | 18.5 |
| FALL----- | 39.2 | 5.2 | 25.8 | 10.3 | 18.6 | 7.1 | 1.0 | 26.9 |
| WINTER----- | 44.4 | 4.7 | 25.1 | 7.4 | 26.0 | 7.5 | 5.5 | 18.6 |
| UNDER 3,000----- | 59.4 | 20.1 | 37.6 | 16.3 | 34.5 | 22.5 | 10.8 | 40.1 |
| 3,000-4,999----- | 55.9 | 2.2 | 29.9 | 10.9 | 30.9 | 6.2 | 3.0 | 27.7 |
| 5,000-6,999----- | 48.5 | 2.8 | 31.1 | 8.6 | 24.2 | 5.3 | 2.5 | 23.5 |
| 7,000-9,999----- | 41.6 | .0 | 26.0 | 2.5 | 19.4 | 7.3 | .8 | 14.5 |
| 10,000 AND OVER---- | 31.9 | 1.8 | 23.9 | 11.6 | 8.0 | 5.5 | 6.1 | 10.5 |

LESS THAN TWO-THIRDS RECOMMENDED ALLOWANCE (1963)

| | | | | | | | | |
|------------------------|------|-----|------|-----|------|-----|-----|------|
| ALL HOUSEHOLDS, YEAR-- | 16.4 | .7 | 6.4 | 1.4 | 7.2 | 1.0 | .7 | 9.0 |
| SPRING----- | 19.8 | .6 | 6.2 | .9 | 8.4 | .9 | .9 | 13.6 |
| SUMMER----- | 16.5 | .0 | 10.6 | 1.0 | 4.9 | 1.0 | 1.0 | 7.7 |
| FALL----- | 14.4 | .0 | 3.1 | 1.0 | 6.2 | .0 | .0 | 10.4 |
| WINTER----- | 14.8 | 1.9 | 5.6 | 2.8 | 9.3 | 1.9 | .9 | 4.7 |
| UNDER 3,000----- | 30.6 | 3.2 | 9.5 | 7.5 | 15.1 | 3.1 | 3.2 | 25.0 |
| 3,000-4,999----- | 19.8 | .0 | 5.2 | .0 | 8.0 | .0 | .0 | 12.7 |
| 5,000-6,999----- | 14.6 | .0 | 8.2 | .8 | 5.6 | .0 | .0 | 4.3 |
| 7,000-9,999----- | 8.4 | .0 | 1.5 | .0 | 3.3 | .0 | .0 | 5.8 |
| 10,000 AND OVER---- | 11.7 | .0 | 6.1 | .0 | 4.9 | 1.8 | 1.8 | 3.1 |

| SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 | PERCENT OF HOUSEHOLD DIETS WITH SPECIFIED AMOUNTS OF NUTRIENT PER NUTRITION UNIT PER DAY | | | | | | | |
|---|---|---------|---------|------|-----------------------|---------|-----------------|------------------|
| | ANY NUTRIENT (OF 7) | PROTEIN | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO- FLAVIN | ASCORBIC ACID |
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) |

LESS THAN RECOMMENDED ALLOWANCE (1963)

| | | | | | | | | |
|------------------------|------|-----|------|------|------|------|-----|------|
| ALL HOUSEHOLDS, YEAR-- | 39.6 | 2.4 | 17.8 | 5.9 | 18.4 | 5.3 | 2.4 | 17.9 |
| SPRING----- | 47.2 | 4.9 | 22.8 | 4.8 | 22.8 | 7.4 | 2.4 | 25.2 |
| SUMMER----- | 33.3 | 2.0 | 21.6 | 2.0 | 17.7 | 3.9 | 4.0 | 7.9 |
| FALL----- | 40.5 | 2.7 | 13.5 | 10.8 | 13.5 | 8.1 | .0 | 16.2 |
| WINTER----- | 39.0 | .0 | 12.1 | 7.3 | 19.5 | 2.4 | .0 | 24.3 |
| UNDER 3,000----- | 35.6 | 2.2 | 12.2 | 5.5 | 17.8 | 2.2 | 1.1 | 25.6 |
| 3,000-4,999----- | 39.0 | 1.9 | 19.1 | 9.5 | 14.3 | 5.8 | 3.9 | 24.0 |
| 5,000-6,999----- | 42.2 | 3.4 | 18.2 | 7.5 | 20.4 | 12.9 | 4.7 | 12.3 |
| 7,000-9,999----- | 46.6 | 2.9 | 21.3 | 3.9 | 26.2 | .0 | .0 | 16.5 |
| 10,000 AND OVER---- | 28.6 | .0 | 16.7 | .0 | 14.3 | .0 | .0 | 11.9 |

LESS THAN TWO-THIRDS RECOMMENDED ALLOWANCE (1963)

| | | | | | | | | |
|------------------------|------|-----|-----|-----|-----|----|----|-----|
| ALL HOUSEHOLDS, YEAR-- | 6.1 | .2 | 1.8 | .4 | 3.1 | .0 | .0 | 2.6 |
| SPRING----- | 13.0 | .8 | 2.4 | 1.6 | 5.7 | .0 | .0 | 8.1 |
| SUMMER----- | 3.9 | .0 | 2.0 | .0 | 2.0 | .0 | .0 | 2.0 |
| FALL----- | 8.1 | .0 | 2.7 | .0 | 5.4 | .0 | .0 | .0 |
| WINTER----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| UNDER 3,000----- | 7.8 | 1.1 | 1.1 | 2.2 | 2.2 | .0 | .0 | 6.7 |
| 3,000-4,999----- | 8.6 | .0 | 1.9 | .0 | 3.8 | .0 | .0 | 4.9 |
| 5,000-6,999----- | 8.2 | .0 | 4.0 | .0 | 4.8 | .0 | .0 | 1.4 |
| 7,000-9,999----- | 2.9 | .0 | .0 | .0 | 2.9 | .0 | .0 | .0 |
| 10,000 AND OVER---- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |

TABLE 12.--HOUSEHOLD DIETS BY NUMBER OF NUTRIENTS
BELOW RECOMMENDED ALLOWANCE (1963)

NORTHEAST

BY URBANIZATION

| SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 | PERCENT OF DIETS SHORT IN -- | | | | | | | |
|---|------------------------------|------|------|------|------|-----|------|------|
| | 1 OR MORE * | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) |
| ALL URBANIZATIONS | | | | | | | | |
| ALL HOUSEHOLDS, YEAR-- | 100.0 | 46.0 | 24.7 | 12.0 | 7.8 | 3.6 | 2.6 | 3.3 |
| SPRING----- | 100.0 | 46.2 | 23.9 | 13.5 | 5.6 | 3.8 | 3.1 | 3.9 |
| SUMMER----- | 100.0 | 45.0 | 22.8 | 14.6 | 7.4 | 4.7 | 2.1 | 3.4 |
| FALL----- | 100.0 | 43.5 | 27.5 | 12.0 | 9.3 | 2.5 | 2.1 | 3.0 |
| WINTER----- | 100.0 | 49.4 | 24.9 | 7.8 | 9.1 | 3.4 | 3.0 | 2.6 |
| UNDER 1,000----- | 100.0 | 28.8 | 18.9 | 17.6 | 1.3 | .0 | 16.0 | 17.3 |
| 1,000-1,999----- | 100.0 | 30.7 | 20.8 | 11.9 | 13.6 | 4.3 | 7.4 | 11.3 |
| 2,000-2,999----- | 100.0 | 48.3 | 18.7 | 12.0 | 6.4 | 5.5 | .9 | 8.2 |
| 3,000-3,999----- | 100.0 | 36.7 | 27.7 | 13.8 | 10.9 | 6.0 | 1.6 | 3.3 |
| 4,000-4,999----- | 100.0 | 49.8 | 27.3 | 10.7 | 7.4 | 1.5 | 2.6 | .7 |
| 5,000-5,999----- | 100.0 | 40.3 | 25.6 | 15.1 | 10.1 | 5.4 | 1.5 | 2.0 |
| 6,000-6,999----- | 100.0 | 46.8 | 22.3 | 10.9 | 10.9 | 4.5 | 3.3 | 1.1 |
| 7,000-7,999----- | 100.0 | 51.9 | 26.7 | 11.6 | 4.0 | 1.5 | 1.8 | 2.5 |
| 8,000-8,999----- | 100.0 | 51.1 | 26.5 | 8.0 | 9.4 | 2.8 | 1.7 | .6 |
| 9,000-9,999----- | 100.0 | 57.3 | 20.4 | 11.0 | 4.2 | 4.9 | 2.1 | .0 |
| 10,000-14,999----- | 100.0 | 55.2 | 25.9 | 11.8 | 2.9 | .4 | 2.5 | 1.3 |
| 15,000 AND OVER---- | 100.0 | 70.1 | 16.2 | 1.6 | 4.0 | 8.1 | .0 | .0 |
| URBAN | | | | | | | | |
| ALL HOUSEHOLDS, YEAR-- | 100.0 | 46.4 | 23.8 | 12.2 | 7.8 | 4.0 | 2.4 | 3.4 |
| SPRING----- | 100.0 | 47.2 | 22.7 | 12.9 | 5.9 | 4.1 | 3.0 | 4.2 |
| SUMMER----- | 100.0 | 44.4 | 20.8 | 15.7 | 7.9 | 5.6 | 1.1 | 4.5 |
| FALL----- | 100.0 | 45.1 | 27.2 | 11.8 | 8.2 | 2.6 | 2.1 | 3.1 |
| WINTER----- | 100.0 | 48.6 | 24.0 | 9.3 | 9.3 | 3.8 | 3.3 | 1.6 |
| UNDER 1,000----- | 100.0 | 28.1 | 19.3 | 21.1 | 1.8 | .0 | 10.5 | 19.3 |
| 1,000-1,999----- | 100.0 | 30.9 | 19.1 | 13.6 | 11.8 | 5.5 | 10.9 | 8.2 |
| 2,000-2,999----- | 100.0 | 49.2 | 20.1 | 9.5 | 5.8 | 5.8 | .5 | 9.0 |
| 3,000-3,999----- | 100.0 | 37.5 | 26.7 | 14.6 | 8.8 | 6.3 | 2.1 | 4.2 |
| 4,000-4,999----- | 100.0 | 45.8 | 29.4 | 10.9 | 8.5 | 2.0 | 2.5 | 1.0 |
| 5,000-5,999----- | 100.0 | 39.4 | 24.9 | 15.1 | 9.8 | 7.0 | 1.7 | 2.2 |
| 6,000-6,999----- | 100.0 | 45.7 | 18.6 | 12.2 | 15.4 | 4.3 | 2.1 | 1.6 |
| 7,000-7,999----- | 100.0 | 51.2 | 24.9 | 12.2 | 5.2 | 1.4 | 1.9 | 3.3 |
| 8,000-8,999----- | 100.0 | 51.1 | 23.7 | 9.4 | 9.4 | 3.6 | 2.2 | .7 |
| 9,000-9,999----- | 100.0 | 57.7 | 18.7 | 11.4 | 4.1 | 5.7 | 2.4 | .0 |
| 10,000-14,999----- | 100.0 | 58.1 | 25.1 | 9.9 | 3.4 | .5 | 1.5 | 1.5 |
| 15,000 AND OVER---- | 100.0 | 72.7 | 16.4 | .0 | 5.5 | 5.5 | .0 | .0 |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 12.--HOUSEHOLD DIETS BY NUMBER OF NUTRIENTS
BELOW RECOMMENDED ALLOWANCE (1963)--CONTINUED

NORTHEAST

BY ORGANIZATION

| SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 | PERCENT OF DIETS SHORT IN -- | | | | | | | |
|---|------------------------------|------|------|------|------|-----|-----|------|
| | 1 OR MORE * | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) |
| RURAL NONFARM | | | | | | | | |
| ALL HOUSEHOLDS, YEAR-- | 100.0 | 44.1 | 28.3 | 11.1 | 7.7 | 2.2 | 3.7 | 2.9 |
| SPRING----- | 100.0 | 41.9 | 28.1 | 15.6 | 4.8 | 3.0 | 3.6 | 3.0 |
| SUMMER----- | 100.0 | 46.3 | 29.6 | 11.1 | 5.6 | 1.9 | 5.6 | .0 |
| FALL----- | 100.0 | 34.2 | 28.9 | 13.2 | 15.8 | 2.6 | 2.6 | 2.6 |
| WINTER----- | 100.0 | 52.1 | 27.1 | 2.1 | 8.3 | 2.1 | 2.1 | 6.3 |
| UNDER 3,000----- | 100.0 | 32.6 | 18.9 | 13.7 | 12.6 | 2.1 | 7.4 | 12.6 |
| 3,000-4,999----- | 100.0 | 48.8 | 25.2 | 10.2 | 11.8 | 2.4 | 1.6 | .0 |
| 5,000-6,999----- | 100.0 | 45.3 | 30.2 | 12.2 | 5.8 | 2.3 | 3.5 | .6 |
| 7,000-9,999----- | 100.0 | 52.6 | 34.2 | 7.0 | 4.4 | .9 | .9 | .0 |
| 10,000 AND OVER---- | 100.0 | 46.2 | 25.0 | 17.3 | .0 | 5.8 | 5.8 | .0 |
| RURAL FARM | | | | | | | | |
| ALL HOUSEHOLDS, YEAR-- | 100.0 | 55.0 | 25.2 | 11.4 | 5.9 | 2.0 | .0 | .5 |
| SPRING----- | 100.0 | 56.9 | 17.2 | 13.8 | 5.2 | 5.2 | .0 | 1.7 |
| SUMMER----- | 100.0 | 58.8 | 17.6 | 11.8 | 11.8 | .0 | .0 | .0 |
| FALL----- | 100.0 | 53.3 | 33.3 | 13.3 | .0 | .0 | .0 | .0 |
| WINTER----- | 100.0 | 50.0 | 37.5 | 6.3 | 6.3 | .0 | .0 | .0 |
| UNDER 3,000----- | 100.0 | 59.4 | 15.6 | 15.6 | 3.1 | 3.1 | .0 | 3.1 |
| 3,000-4,999----- | 100.0 | 34.1 | 43.9 | 14.6 | 2.4 | 4.9 | .0 | .0 |
| 5,000-6,999----- | 100.0 | 56.5 | 17.7 | 8.1 | 16.1 | 1.6 | .0 | .0 |
| 7,000-9,999----- | 100.0 | 60.4 | 27.1 | 12.5 | .0 | .0 | .0 | .0 |
| 10,000 AND OVER---- | 100.0 | 58.3 | 33.3 | 8.3 | .0 | .0 | .0 | .0 |

* SEE NOTES FOLLOWING WEST, TABLE 18.

| SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 | TOTAL (MILK EQUIV- ALENT) ‡ | MILK (FRESH, PROCESSED) | | | CREAM, ICE CREAM | CHEESE | SOUP, MIX- TURES |
|---|---|---------------------------------|-----------------------------|-----|------------------------|--------|------------------------|
| | | TOTAL (EQUIV- ALENT) ‡ | COMMER- CIALLY CANNED | DRY | | | |
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) |

QUANTITY PER PERSON PER WEEK (QUARTS IN COLS. 2-3, POUNDS IN COLS. 4-8)

| | | | | | | | |
|-----------------------|-------|-------|------|------|------|------|------|
| ALL HOUSEHOLDS, YEAR- | 4.339 | 3.401 | .161 | .032 | .523 | .347 | .081 |
| SPRING----- | 4.267 | 3.298 | .169 | .038 | .545 | .373 | .089 |
| SUMMER----- | 3.968 | 2.995 | .160 | .023 | .564 | .359 | .078 |
| FALL----- | 4.490 | 3.624 | .153 | .034 | .495 | .311 | .067 |
| WINTER----- | 4.620 | 3.679 | .162 | .032 | .487 | .343 | .090 |
| UNDER 1,000----- | 3.924 | 3.259 | .228 | .144 | .268 | .438 | .069 |
| 1,000-1,999----- | 4.212 | 3.502 | .448 | .081 | .297 | .334 | .044 |
| 2,000-2,999----- | 3.932 | 3.145 | .281 | .070 | .403 | .296 | .033 |
| 3,000-3,999----- | 4.166 | 3.403 | .210 | .036 | .393 | .308 | .063 |
| 4,000-4,999----- | 4.231 | 3.433 | .212 | .035 | .419 | .263 | .144 |
| 5,000-5,999----- | 4.126 | 3.213 | .145 | .027 | .467 | .342 | .101 |
| 6,000-6,999----- | 4.400 | 3.379 | .130 | .016 | .550 | .368 | .064 |
| 7,000-7,999----- | 4.290 | 3.382 | .171 | .020 | .528 | .314 | .059 |
| 8,000-8,999----- | 4.548 | 3.475 | .096 | .025 | .582 | .401 | .083 |
| 9,000-9,999----- | 4.594 | 3.596 | .141 | .033 | .610 | .361 | .078 |
| 10,000-14,999----- | 4.692 | 3.639 | .085 | .027 | .687 | .380 | .073 |
| 15,000 AND OVER---- | 4.507 | 3.253 | .025 | .026 | .690 | .500 | .111 |

MONEY VALUE PER PERSON PER WEEK (DOLLARS)

| | | | | | | | |
|-----------------------|-------|------|------|------|------|------|------|
| ALL HOUSEHOLDS, YEAR- | 1.260 | .816 | .027 | .013 | .200 | .216 | .028 |
| SPRING----- | 1.254 | .781 | .028 | .015 | .215 | .226 | .032 |
| SUMMER----- | 1.175 | .718 | .026 | .010 | .215 | .217 | .025 |
| FALL----- | 1.296 | .881 | .025 | .013 | .188 | .201 | .026 |
| WINTER----- | 1.315 | .880 | .027 | .013 | .183 | .221 | .031 |
| UNDER 1,000----- | 1.013 | .703 | .037 | .058 | .097 | .195 | .018 |
| 1,000-1,999----- | 1.102 | .774 | .074 | .030 | .120 | .193 | .014 |
| 2,000-2,999----- | 1.045 | .699 | .046 | .026 | .143 | .193 | .010 |
| 3,000-3,999----- | 1.168 | .808 | .035 | .012 | .149 | .186 | .024 |
| 4,000-4,999----- | 1.166 | .807 | .035 | .013 | .150 | .168 | .041 |
| 5,000-5,999----- | 1.217 | .803 | .024 | .012 | .168 | .215 | .031 |
| 6,000-6,999----- | 1.274 | .822 | .020 | .007 | .208 | .221 | .023 |
| 7,000-7,999----- | 1.250 | .818 | .028 | .008 | .203 | .206 | .023 |
| 8,000-8,999----- | 1.352 | .836 | .016 | .011 | .226 | .255 | .034 |
| 9,000-9,999----- | 1.344 | .855 | .022 | .009 | .239 | .221 | .029 |
| 10,000-14,999----- | 1.393 | .866 | .015 | .014 | .264 | .233 | .031 |
| 15,000 AND OVER---- | 1.484 | .795 | .004 | .013 | .317 | .331 | .041 |

PERCENT OF HOUSEHOLDS USING IN A WEEK

| | | | | | | | |
|----------------|------|------|------|-----|------|------|------|
| ALL HOUSEHOLDS | | | | | | | |
| SPRING----- | 99.5 | 98.6 | 20.8 | 8.7 | 71.8 | 83.8 | 19.0 |
| SUMMER----- | 99.8 | 98.8 | 17.8 | 8.2 | 73.2 | 83.1 | 14.8 |
| FALL----- | 99.8 | 99.4 | 19.9 | 7.3 | 65.1 | 80.8 | 18.8 |
| WINTER----- | 99.6 | 98.5 | 18.5 | 8.4 | 64.9 | 84.0 | 20.5 |

‡ SEE NOTES FOLLOWING WEST, TABLE 18.

| SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 | TOTAL (MILK EQUIV- ALENT) ‡ | MILK (FRESH, PROCESSED) | | | CREAM, ICE CREAM | CHEESE | SOUP, MIX- TURES |
|---|---|---------------------------------|-----------------------------|-----|------------------------|--------|------------------------|
| | | TOTAL (EQUIV- ALENT) ‡ | COMMER- CIALLY CANNED | DRY | | | |
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) |

QUANTITY PER PERSON PER WEEK (QUARTS IN COLS. 2-3, POUNDS IN COLS. 4-8)

| | | | | | | | |
|-----------------------|-------|-------|------|------|------|------|------|
| ALL HOUSEHOLDS, YEAR- | 4.278 | 3.340 | .136 | .026 | .510 | .342 | .085 |
| SPRING----- | 4.220 | 3.262 | .153 | .031 | .525 | .369 | .094 |
| SUMMER----- | 3.992 | 2.991 | .122 | .020 | .558 | .365 | .091 |
| FALL----- | 4.331 | 3.493 | .135 | .027 | .482 | .290 | .070 |
| WINTER----- | 4.557 | 3.598 | .134 | .025 | .479 | .347 | .088 |
| UNDER 1,000----- | 3.102 | 2.531 | .263 | .045 | .133 | .372 | .077 |
| 1,000-1,999----- | 3.495 | 2.811 | .595 | .021 | .243 | .325 | .048 |
| 2,000-2,999----- | 3.876 | 3.117 | .247 | .055 | .353 | .274 | .038 |
| 3,000-3,999----- | 3.999 | 3.241 | .213 | .045 | .342 | .314 | .062 |
| 4,000-4,999----- | 4.286 | 3.479 | .174 | .026 | .396 | .268 | .148 |
| 5,000-5,999----- | 4.145 | 3.243 | .109 | .021 | .456 | .339 | .114 |
| 6,000-6,999----- | 4.387 | 3.337 | .090 | .015 | .561 | .379 | .062 |
| 7,000-7,999----- | 4.150 | 3.257 | .149 | .018 | .527 | .294 | .058 |
| 8,000-8,999----- | 4.566 | 3.478 | .082 | .016 | .582 | .400 | .098 |
| 9,000-9,999----- | 4.432 | 3.436 | .124 | .022 | .590 | .353 | .066 |
| 10,000-14,999----- | 4.688 | 3.673 | .074 | .027 | .682 | .354 | .078 |
| 15,000 AND OVER---- | 4.496 | 3.168 | .017 | .020 | .638 | .554 | .110 |

MONEY VALUE PER PERSON PER WEEK (DOLLARS)

| | | | | | | | |
|-----------------------|-------|------|------|------|------|------|------|
| ALL HOUSEHOLDS, YEAR- | 1.265 | .815 | .023 | .010 | .199 | .222 | .030 |
| SPRING----- | 1.267 | .787 | .026 | .012 | .214 | .233 | .033 |
| SUMMER----- | 1.205 | .728 | .021 | .009 | .220 | .229 | .028 |
| FALL----- | 1.262 | .859 | .023 | .010 | .181 | .194 | .028 |
| WINTER----- | 1.326 | .881 | .022 | .010 | .182 | .233 | .030 |
| UNDER 1,000----- | .901 | .646 | .044 | .019 | .056 | .181 | .020 |
| 1,000-1,999----- | .983 | .668 | .100 | .008 | .100 | .199 | .015 |
| 2,000-2,999----- | 1.051 | .715 | .041 | .020 | .132 | .194 | .011 |
| 3,000-3,999----- | 1.113 | .767 | .036 | .015 | .129 | .194 | .023 |
| 4,000-4,999----- | 1.195 | .833 | .030 | .011 | .140 | .179 | .043 |
| 5,000-5,999----- | 1.243 | .820 | .018 | .009 | .166 | .223 | .035 |
| 6,000-6,999----- | 1.309 | .830 | .015 | .006 | .220 | .237 | .022 |
| 7,000-7,999----- | 1.229 | .796 | .025 | .007 | .209 | .201 | .023 |
| 8,000-8,999----- | 1.392 | .859 | .014 | .007 | .229 | .263 | .041 |
| 9,000-9,999----- | 1.292 | .823 | .018 | .004 | .223 | .222 | .025 |
| 10,000-14,999----- | 1.406 | .886 | .013 | .014 | .269 | .220 | .032 |
| 15,000 AND OVER---- | 1.476 | .767 | .003 | .010 | .300 | .366 | .043 |

PERCENT OF HOUSEHOLDS USING IN A WEEK

| | | | | | | | |
|----------------|------|------|------|-----|------|------|------|
| ALL HOUSEHOLDS | | | | | | | |
| SPRING----- | 99.5 | 98.4 | 18.9 | 8.2 | 70.8 | 83.3 | 18.3 |
| SUMMER----- | 99.7 | 98.7 | 12.9 | 7.8 | 74.2 | 82.0 | 13.2 |
| FALL----- | 99.7 | 99.2 | 17.6 | 5.8 | 64.0 | 79.3 | 19.1 |
| WINTER----- | 99.5 | 98.3 | 15.2 | 6.9 | 64.5 | 83.3 | 18.9 |

‡ SEE NOTES FOLLOWING WEST, TABLE 18.

| SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 | TOTAL (MILK EQUIV- ALENT) * | MILK (FRESH, PROCESSED) | | | CREAM, ICE CREAM | CHEESE | SOUP, MIX- TURES |
|---|---|---------------------------------|-----------------------------|-----|------------------------|--------|------------------------|
| | | TOTAL (EQUIV- ALENT) * | COMMER- CIALLY CANNED | DRY | | | |
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) |

QUANTITY PER PERSON PER WEEK (QUARTS IN COLS. 2-3, POUNDS IN COLS. 4-8)

| | | | | | | | |
|-----------------------|-------|-------|------|------|------|------|------|
| ALL HOUSEHOLDS, YEAR- | 4.488 | 3.546 | .246 | .051 | .548 | .362 | .071 |
| SPRING----- | 4.391 | 3.387 | .215 | .061 | .590 | .387 | .078 |
| SUMMER----- | 3.885 | 2.994 | .286 | .029 | .560 | .342 | .043 |
| FALL----- | 4.971 | 3.996 | .224 | .062 | .531 | .389 | .059 |
| WINTER----- | 4.764 | 3.860 | .255 | .053 | .510 | .334 | .101 |
| UNDER 3,000----- | 4.683 | 3.890 | .307 | .189 | .484 | .383 | .032 |
| 3,000-4,999----- | 4.278 | 3.502 | .291 | .044 | .501 | .262 | .109 |
| 5,000-6,999----- | 4.214 | 3.261 | .247 | .032 | .498 | .350 | .071 |
| 7,000-9,999----- | 4.756 | 3.767 | .211 | .046 | .566 | .396 | .070 |
| 10,000 AND OVER--- | 4.611 | 3.454 | .107 | .034 | .730 | .441 | .065 |

MONEY VALUE PER PERSON PER WEEK (DOLLARS)

| | | | | | | | |
|-----------------------|-------|------|------|------|------|------|------|
| ALL HOUSEHOLDS, YEAR- | 1.237 | .812 | .039 | .021 | .198 | .203 | .024 |
| SPRING----- | 1.212 | .763 | .035 | .023 | .214 | .208 | .027 |
| SUMMER----- | 1.082 | .684 | .045 | .013 | .194 | .188 | .016 |
| FALL----- | 1.382 | .934 | .035 | .024 | .199 | .232 | .018 |
| WINTER----- | 1.293 | .882 | .041 | .023 | .185 | .191 | .035 |
| UNDER 3,000----- | 1.125 | .762 | .047 | .073 | .165 | .189 | .010 |
| 3,000-4,999----- | 1.174 | .805 | .047 | .015 | .189 | .147 | .033 |
| 5,000-6,999----- | 1.156 | .769 | .040 | .015 | .173 | .190 | .024 |
| 7,000-9,999----- | 1.334 | .876 | .034 | .019 | .204 | .229 | .025 |
| 10,000 AND OVER--- | 1.366 | .798 | .017 | .015 | .272 | .269 | .027 |

PERCENT OF HOUSEHOLDS USING IN A WEEK

| | | | | | | | |
|----------------|-------|-------|------|------|------|------|------|
| ALL HOUSEHOLDS | | | | | | | |
| SPRING----- | 99.7 | 99.4 | 27.8 | 11.1 | 74.4 | 85.2 | 21.3 |
| SUMMER----- | 100.0 | 99.0 | 35.9 | 9.7 | 68.9 | 86.4 | 21.4 |
| FALL----- | 100.0 | 100.0 | 28.9 | 13.4 | 69.1 | 86.6 | 17.5 |
| WINTER----- | 100.0 | 99.1 | 30.6 | 14.8 | 66.7 | 87.0 | 26.9 |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 13.--MILK, CREAM, CHEESE
ALL SOURCES

NORTHEAST

RURAL FARM

| SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 | TOTAL (MILK EQUIV- ALENT) ‡ | MILK (FRESH, PROCESSED) | | | CREAM, ICE CREAM | CHEESE | SOUP, MIX- TURES |
|---|---|---------------------------------|-----------------------------|-----|------------------------|--------|------------------------|
| | | TOTAL (EQUIV- ALENT) ‡ | COMMER- CIALLY CANNED | DRY | | | |
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) |

QUANTITY PER PERSON PER WEEK (QUARTS IN COLS. 2-3, POUNDS IN COLS. 4-8)

| | | | | | | | |
|-----------------------|-------|-------|------|------|------|------|------|
| ALL HOUSEHOLDS, YEAR- | 4.830 | 3.923 | .128 | .019 | .668 | .335 | .054 |
| SPRING----- | 4.490 | 3.551 | .180 | .009 | .746 | .362 | .074 |
| SUMMER----- | 4.049 | 3.092 | .106 | .038 | .757 | .341 | .056 |
| FALL----- | 5.897 | 4.979 | .145 | .022 | .634 | .342 | .033 |
| WINTER----- | 5.189 | 4.386 | .093 | .002 | .511 | .297 | .049 |
| UNDER 3,000----- | 5.421 | 4.367 | .236 | .046 | .535 | .448 | .025 |
| 3,000-4,999----- | 4.769 | 3.995 | .122 | .002 | .638 | .278 | .087 |
| 5,000-6,999----- | 4.524 | 3.645 | .096 | .008 | .642 | .313 | .024 |
| 7,000-9,999----- | 4.873 | 3.918 | .132 | .045 | .771 | .299 | .038 |
| 10,000 AND OVER---- | 5.598 | 4.461 | .116 | .000 | .866 | .494 | .145 |

MONEY VALUE PER PERSON PER WEEK (DOLLARS)

| | | | | | | | |
|-----------------------|-------|-------|------|------|------|------|------|
| ALL HOUSEHOLDS, YEAR- | 1.337 | .889 | .021 | .008 | .260 | .167 | .021 |
| SPRING----- | 1.280 | .812 | .029 | .004 | .272 | .171 | .025 |
| SUMMER----- | 1.196 | .745 | .018 | .015 | .260 | .168 | .023 |
| FALL----- | 1.770 | 1.238 | .024 | .008 | .338 | .179 | .015 |
| WINTER----- | 1.189 | .835 | .016 | .001 | .181 | .152 | .020 |
| UNDER 3,000----- | 1.344 | .932 | .039 | .019 | .188 | .218 | .007 |
| 3,000-4,999----- | 1.305 | .921 | .019 | .001 | .214 | .136 | .035 |
| 5,000-6,999----- | 1.274 | .889 | .016 | .003 | .213 | .162 | .010 |
| 7,000-9,999----- | 1.378 | .804 | .023 | .017 | .405 | .154 | .015 |
| 10,000 AND OVER---- | 1.663 | 1.084 | .018 | .000 | .298 | .218 | .063 |

PERCENT OF HOUSEHOLDS USING IN A WEEK

| | | | | | | | |
|----------------|-------|-------|------|------|------|------|------|
| ALL HOUSEHOLDS | | | | | | | |
| SPRING----- | 100.0 | 99.2 | 17.9 | 3.3 | 87.0 | 86.2 | 21.1 |
| SUMMER----- | 100.0 | 100.0 | 15.7 | 7.8 | 78.4 | 90.2 | 9.8 |
| FALL----- | 100.0 | 100.0 | 24.3 | 10.8 | 70.3 | 83.8 | 16.2 |
| WINTER----- | 100.0 | 100.0 | 24.4 | 2.4 | 61.0 | 78.0 | 19.5 |

‡ SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 13.--MILK, CREAM, CHEESE
HOME-PRODUCED

NORTHEAST

RURAL FARM

| SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 | TOTAL (MILK EQUIV- ALENT) ‡ | MILK (FRESH, PROCESSED) | | | CREAM, ICE CREAM | CHEESE | SOUP, MIX- TURES |
|---|---|---------------------------------|-----------------------------|-----|------------------------|--------|------------------------|
| | | TOTAL (EQUIV- ALENT) ‡ | COMMER- CIALLY CANNED | DRY | | | |
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) |

QUANTITY PER PERSON PER WEEK (QUARTS IN COLS. 2-3, POUNDS IN COLS. 4-8)

| | | | | | | | |
|-----------------------|-------|-------|------|------|------|------|------|
| ALL HOUSEHOLDS, YEAR- | 2.372 | 2.356 | .000 | .000 | .043 | .001 | .000 |
| SPRING----- | 2.115 | 2.093 | .000 | .000 | .053 | .006 | .000 |
| SUMMER----- | 1.738 | 1.715 | .000 | .000 | .077 | .000 | .000 |
| FALL----- | 2.783 | 2.775 | .000 | .000 | .020 | .000 | .000 |
| WINTER----- | 3.043 | 3.039 | .000 | .000 | .012 | .000 | .000 |
| UNDER 3,000----- | 3.007 | 2.971 | .000 | .000 | .088 | .000 | .000 |
| 3,000-4,999----- | 2.990 | 2.974 | .000 | .000 | .034 | .007 | .000 |
| 5,000-6,999----- | 2.013 | 2.012 | .000 | .000 | .004 | .000 | .000 |
| 7,000-9,999----- | 1.856 | 1.827 | .000 | .000 | .099 | .000 | .000 |
| 10,000 AND OVER---- | 2.769 | 2.766 | .000 | .000 | .008 | .000 | .000 |

MONEY VALUE PER PERSON PER WEEK (DOLLARS)

| | | | | | | | |
|-----------------------|------|------|------|------|------|------|------|
| ALL HOUSEHOLDS, YEAR- | .573 | .547 | .000 | .000 | .025 | .001 | .000 |
| SPRING----- | .528 | .495 | .000 | .000 | .031 | .003 | .000 |
| SUMMER----- | .483 | .436 | .000 | .000 | .047 | .000 | .000 |
| FALL----- | .726 | .716 | .000 | .000 | .010 | .000 | .000 |
| WINTER----- | .594 | .588 | .000 | .000 | .007 | .000 | .000 |
| UNDER 3,000----- | .708 | .660 | .000 | .000 | .048 | .000 | .000 |
| 3,000-4,999----- | .725 | .704 | .000 | .000 | .018 | .003 | .000 |
| 5,000-6,999----- | .488 | .485 | .000 | .000 | .002 | .000 | .000 |
| 7,000-9,999----- | .468 | .406 | .000 | .000 | .061 | .000 | .000 |
| 10,000 AND OVER---- | .665 | .661 | .000 | .000 | .004 | .000 | .000 |

PERCENT OF HOUSEHOLDS USING IN A WEEK

| | | | | | | | |
|----------------|------|------|----|----|-----|----|----|
| ALL HOUSEHOLDS | | | | | | | |
| SPRING----- | 52.8 | 52.8 | .0 | .0 | 8.9 | .8 | .0 |
| SUMMER----- | 56.9 | 56.9 | .0 | .0 | 7.8 | .0 | .0 |
| FALL----- | 45.9 | 45.9 | .0 | .0 | 5.4 | .0 | .0 |
| WINTER----- | 58.5 | 58.5 | .0 | .0 | 2.4 | .0 | .0 |

‡ SEE NOTES FOLLOWING WEST, TABLE 18.

YEAR BY SEASON 1965-1966 AND BY INCOME

| SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 | MEAT, POULTRY, FISH | | | | | | | | | OTHER PROTEIN FOOD | | | | |
|---|---------------------|------|------------------------|---------------|-------|-------------------------------------|--------------------|---------|------------------------|--------------------|---|-----------------------------------|--|------------------------|
| | TOTAL | BEEF | BACON, SALT PORK | OTHER PORK | LIVER | LUNCH MEAT, FRANK- FURTERS | OTHER MEAT ‡ | POULTRY | FISH SHELL- FISH | TOTAL ‡ | EGGS (FRESH EQUIV- ALENT) ‡ | DRY LEGUMES (DRY WEIGHT) | NUTS (SHELLED WEIGHT), PEANUT BUTTER | SOUP, MIX- TURES |
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) | (13) | (14) | (15) |

QUANTITY PER PERSON PER WEEK (POUNDS IN COLS. 2-10 AND 13-15, DOZENS IN COL. 12)

| | | | | | | | | | | | | | | |
|------------------------|-------|-------|------|------|------|------|------|-------|------|----|------|------|------|------|
| ALL HOUSEHOLDS, YEAR-- | 4.486 | 1.624 | .155 | .726 | .051 | .409 | .233 | .924 | .365 | ** | .468 | .101 | .122 | .109 |
| SPRING----- | 4.623 | 1.632 | .176 | .809 | .059 | .440 | .226 | .899 | .382 | ** | .489 | .103 | .113 | .103 |
| SUMMER----- | 4.283 | 1.570 | .140 | .638 | .041 | .428 | .212 | .846 | .409 | ** | .451 | .096 | .107 | .095 |
| FALL----- | 4.570 | 1.574 | .154 | .763 | .049 | .360 | .244 | 1.090 | .337 | ** | .466 | .089 | .136 | .135 |
| WINTER----- | 4.463 | 1.716 | .151 | .694 | .055 | .407 | .249 | .861 | .331 | ** | .466 | .116 | .133 | .102 |
| UNDER 1,000----- | 3.722 | 1.248 | .141 | .528 | .047 | .330 | .140 | .847 | .441 | ** | .497 | .141 | .102 | .095 |
| 1,000-1,999----- | 3.855 | 1.318 | .164 | .654 | .050 | .278 | .226 | .860 | .304 | ** | .523 | .156 | .095 | .074 |
| 2,000-2,999----- | 4.167 | 1.362 | .161 | .704 | .087 | .323 | .171 | 1.050 | .308 | ** | .501 | .181 | .107 | .051 |
| 3,000-3,999----- | 4.327 | 1.439 | .155 | .786 | .049 | .399 | .204 | .886 | .409 | ** | .488 | .187 | .124 | .065 |
| 4,000-4,999----- | 4.183 | 1.377 | .168 | .703 | .040 | .428 | .182 | 1.007 | .279 | ** | .449 | .158 | .121 | .116 |
| 5,000-5,999----- | 4.493 | 1.543 | .159 | .756 | .074 | .441 | .209 | .910 | .402 | ** | .476 | .093 | .122 | .116 |
| 6,000-6,999----- | 4.372 | 1.613 | .154 | .818 | .044 | .435 | .196 | .822 | .291 | ** | .466 | .087 | .146 | .104 |
| 7,000-7,999----- | 4.455 | 1.703 | .153 | .706 | .044 | .419 | .247 | .850 | .334 | ** | .456 | .062 | .124 | .122 |
| 8,000-8,999----- | 4.534 | 1.685 | .148 | .744 | .038 | .455 | .255 | .800 | .410 | ** | .445 | .074 | .126 | .157 |
| 9,000-9,999----- | 4.810 | 1.784 | .134 | .689 | .046 | .477 | .314 | .963 | .401 | ** | .468 | .090 | .108 | .152 |
| 10,000-14,999----- | 4.847 | 1.891 | .161 | .693 | .046 | .372 | .266 | .998 | .421 | ** | .443 | .053 | .116 | .109 |
| 15,000 AND OVER---- | 5.132 | 1.968 | .139 | .640 | .043 | .260 | .399 | 1.134 | .549 | ** | .465 | .037 | .140 | .127 |

MONEY VALUE PER PERSON PER WEEK (DOLLARS)

| | | | | | | | | | | | | | | |
|------------------------|-------|-------|------|------|------|------|------|------|------|------|------|------|------|------|
| ALL HOUSEHOLDS, YEAR-- | 3.349 | 1.401 | .123 | .579 | .036 | .312 | .226 | .404 | .269 | .456 | .268 | .037 | .077 | .050 |
| SPRING----- | 3.305 | 1.375 | .118 | .597 | .037 | .326 | .207 | .379 | .266 | .452 | .263 | .039 | .070 | .052 |
| SUMMER----- | 3.169 | 1.356 | .110 | .512 | .031 | .315 | .206 | .363 | .276 | .413 | .245 | .037 | .064 | .045 |
| FALL----- | 3.349 | 1.328 | .129 | .613 | .036 | .284 | .234 | .470 | .255 | .470 | .278 | .031 | .091 | .055 |
| WINTER----- | 3.568 | 1.541 | .134 | .593 | .040 | .323 | .256 | .403 | .278 | .486 | .284 | .040 | .081 | .050 |
| UNDER 1,000----- | 2.327 | .923 | .098 | .335 | .026 | .258 | .124 | .328 | .236 | .399 | .254 | .038 | .055 | .040 |
| 1,000-1,999----- | 2.618 | 1.003 | .122 | .491 | .034 | .222 | .169 | .383 | .193 | .469 | .285 | .046 | .050 | .054 |
| 2,000-2,999----- | 2.660 | .998 | .115 | .495 | .056 | .238 | .121 | .438 | .197 | .429 | .275 | .054 | .060 | .029 |
| 3,000-3,999----- | 2.898 | 1.136 | .114 | .550 | .034 | .278 | .181 | .355 | .249 | .439 | .267 | .056 | .070 | .029 |
| 4,000-4,999----- | 2.761 | 1.082 | .119 | .484 | .026 | .307 | .150 | .395 | .199 | .434 | .244 | .049 | .070 | .049 |
| 5,000-5,999----- | 3.289 | 1.292 | .123 | .598 | .045 | .338 | .213 | .396 | .284 | .459 | .267 | .038 | .075 | .050 |
| 6,000-6,999----- | 3.280 | 1.360 | .126 | .648 | .034 | .333 | .189 | .363 | .207 | .463 | .266 | .036 | .087 | .049 |
| 7,000-7,999----- | 3.468 | 1.496 | .126 | .617 | .036 | .338 | .234 | .376 | .246 | .459 | .269 | .025 | .083 | .056 |
| 8,000-8,999----- | 3.646 | 1.552 | .123 | .644 | .027 | .360 | .273 | .361 | .306 | .434 | .261 | .031 | .085 | .041 |
| 9,000-9,999----- | 3.594 | 1.524 | .111 | .556 | .038 | .355 | .282 | .412 | .316 | .460 | .270 | .033 | .064 | .066 |
| 10,000-14,999----- | 3.851 | 1.727 | .135 | .594 | .033 | .291 | .271 | .465 | .334 | .453 | .267 | .027 | .080 | .053 |
| 15,000 AND OVER---- | 4.670 | 2.129 | .121 | .570 | .039 | .212 | .494 | .569 | .535 | .508 | .295 | .017 | .108 | .069 |

PERCENT OF HOUSEHOLDS USING IN A WEEK

| | | | | | | | | | | | | | | |
|----------------|-------|------|------|------|------|------|------|------|------|------|------|------|------|------|
| ALL HOUSEHOLDS | | | | | | | | | | | | | | |
| SPRING----- | 99.6 | 94.8 | 53.5 | 74.0 | 14.2 | 73.8 | 30.4 | 70.2 | 67.9 | 98.0 | 96.3 | 40.6 | 48.4 | 25.9 |
| SUMMER----- | 99.8 | 96.2 | 49.1 | 68.5 | 11.9 | 72.2 | 32.4 | 71.2 | 65.6 | 98.1 | 97.9 | 36.4 | 50.2 | 22.3 |
| FALL----- | 100.0 | 95.0 | 53.3 | 75.3 | 13.0 | 72.4 | 34.8 | 73.4 | 63.9 | 98.8 | 96.8 | 36.4 | 55.0 | 29.7 |
| WINTER----- | 100.0 | 96.8 | 51.0 | 67.4 | 15.6 | 72.5 | 33.5 | 66.0 | 64.6 | 97.7 | 95.8 | 38.3 | 53.3 | 25.5 |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 14.--MEAT, POULTRY, FISH,
OTHER PROTEIN FOOD

NORTHEAST

RURAL NONFARM

| SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 | MEAT, POULTRY, FISH | | | | | | | | | OTHER PROTEIN FOOD | | | | |
|---|---------------------|------|------------------------|---------------|-------|-------------------------------------|--------------------|---------|------------------------|--------------------|---|-----------------------------------|---|------------------------|
| | TOTAL | BEEF | BACON, SALT PORK | OTHER PORK | LIVER | LUNCH MEAT, FRANK- FURTERS | OTHER MEAT ‡ | POULTRY | FISH SHELL- FISH | TOTAL ‡ | EGGS (FRESH EQUIV- ALENT) ‡ | DRY LEGUMES (DRY WEIGHT) | NUTS (SHELL- WEIGHT), PEANUT BUTTER | SOUP, MIX- TURES |
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) | (13) | (14) | (15) |

QUANTITY PER PERSON PER WEEK (POUNDS IN COLS. 2-10 AND 13-15, DOZENS IN COL. 12)

| | | | | | | | | | | | | | | |
|-----------------------|-------|-------|------|------|------|------|------|------|------|----|------|------|------|------|
| ALL HOUSEHOLDS, YEAR- | 4.106 | 1.583 | .176 | .683 | .040 | .486 | .136 | .709 | .292 | ** | .480 | .101 | .155 | .111 |
| SPRING----- | 4.110 | 1.596 | .188 | .693 | .031 | .476 | .109 | .687 | .330 | ** | .498 | .107 | .129 | .081 |
| SUMMER----- | 3.724 | 1.395 | .164 | .607 | .035 | .575 | .104 | .557 | .288 | ** | .472 | .103 | .146 | .127 |
| FALL----- | 4.331 | 1.647 | .185 | .760 | .045 | .401 | .145 | .922 | .225 | ** | .479 | .070 | .173 | .140 |
| WINTER----- | 4.278 | 1.696 | .167 | .683 | .051 | .479 | .186 | .705 | .311 | ** | .475 | .116 | .174 | .103 |
| UNDER 3,000----- | 3.709 | 1.441 | .161 | .521 | .050 | .336 | .098 | .942 | .160 | ** | .525 | .147 | .085 | .071 |
| 3,000-4,999----- | 3.655 | 1.388 | .163 | .575 | .024 | .474 | .115 | .681 | .234 | ** | .463 | .129 | .144 | .099 |
| 5,000-6,999----- | 4.060 | 1.495 | .166 | .759 | .043 | .524 | .111 | .692 | .270 | ** | .483 | .103 | .208 | .068 |
| 7,000-9,999----- | 4.285 | 1.793 | .190 | .658 | .038 | .521 | .148 | .598 | .338 | ** | .510 | .071 | .127 | .146 |
| 10,000 AND OVER---- | 4.786 | 1.819 | .187 | .802 | .055 | .431 | .226 | .799 | .467 | ** | .426 | .064 | .159 | .157 |

MONEY VALUE PER PERSON PER WEEK (DOLLARS)

| | | | | | | | | | | | | | | |
|-----------------------|-------|-------|------|------|------|------|------|------|------|------|------|------|------|------|
| ALL HOUSEHOLDS, YEAR- | 2.941 | 1.233 | .136 | .541 | .026 | .352 | .116 | .322 | .216 | .463 | .247 | .044 | .092 | .052 |
| SPRING----- | 2.815 | 1.233 | .118 | .498 | .019 | .338 | .101 | .305 | .203 | .435 | .239 | .043 | .077 | .042 |
| SUMMER----- | 2.680 | 1.076 | .130 | .511 | .022 | .408 | .076 | .253 | .204 | .451 | .235 | .054 | .079 | .059 |
| FALL----- | 3.113 | 1.292 | .149 | .618 | .030 | .304 | .133 | .413 | .173 | .482 | .258 | .032 | .119 | .061 |
| WINTER----- | 3.175 | 1.333 | .147 | .549 | .032 | .351 | .156 | .333 | .274 | .486 | .257 | .047 | .100 | .050 |
| UNDER 3,000----- | 2.435 | 1.021 | .112 | .386 | .031 | .260 | .078 | .441 | .106 | .419 | .255 | .055 | .049 | .043 |
| 3,000-4,999----- | 2.525 | 1.057 | .129 | .450 | .012 | .323 | .099 | .291 | .164 | .422 | .232 | .052 | .082 | .045 |
| 5,000-6,999----- | 2.802 | 1.099 | .122 | .575 | .033 | .378 | .104 | .302 | .190 | .465 | .243 | .047 | .119 | .030 |
| 7,000-9,999----- | 3.162 | 1.427 | .153 | .534 | .022 | .380 | .100 | .283 | .263 | .500 | .270 | .036 | .074 | .069 |
| 10,000 AND OVER---- | 3.700 | 1.548 | .150 | .674 | .032 | .324 | .223 | .385 | .364 | .472 | .238 | .030 | .108 | .078 |

PERCENT OF HOUSEHOLDS USING IN A WEEK

| | | | | | | | | | | | | | | |
|----------------|-------|------|------|------|------|------|------|------|------|-------|-------|------|------|------|
| ALL HOUSEHOLDS | | | | | | | | | | | | | | |
| SPRING----- | 99.4 | 96.0 | 57.0 | 74.4 | 10.2 | 84.6 | 17.9 | 61.1 | 63.0 | 98.5 | 96.0 | 45.7 | 59.9 | 28.4 |
| SUMMER----- | 100.0 | 96.1 | 55.3 | 73.8 | 9.7 | 83.5 | 15.5 | 51.5 | 58.3 | 100.0 | 100.0 | 46.6 | 68.0 | 29.1 |
| FALL----- | 100.0 | 95.9 | 58.8 | 81.4 | 13.4 | 74.2 | 23.7 | 67.0 | 51.5 | 99.0 | 97.9 | 37.1 | 72.2 | 35.1 |
| WINTER----- | 100.0 | 96.3 | 62.0 | 70.4 | 13.0 | 79.6 | 25.0 | 54.6 | 63.9 | 99.1 | 96.3 | 50.9 | 72.2 | 32.4 |

* SEE NOTES FOLLOWING WEST, TABLE 18.

YEAR BY SEASON 1965-1966 AND BY INCOME

TABLE 14.--MEAT, POULTRY, FISH,

NORTHEAST

RURAL FARM

OTHER PROTEIN FOOD ALL SOURCES

| SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 | MEAT, POULTRY, FISH | | | | | | | | | OTHER PROTEIN FOOD | | | | |
|---|---------------------|------|------------------------|---------------|-------|-------------------------------------|--------------------|---------|------------------------|--------------------|---|-----------------------------------|--|------------------------|
| | TOTAL | BEEF | BACON, SALT PORK | OTHER PORK | LIVER | LUNCH MEAT, FRANK- FURTERS | OTHER MEAT ‡ | POULTRY | FISH SHELL- FISH | TOTAL ‡ | EGGS (FRESH EQUIV- ALENT) ‡ | DRY LEGUMES (DRY WEIGHT) | NUTS (SHELLED WEIGHT), PEANUT BUTTER | SOUP, MIX- TURES |
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) | (13) | (14) | (15) |

QUANTITY PER PERSON PER WEEK (POUNDS IN COLS. 2-10 AND 13-15, DOZENS IN COL. 12)

| | | | | | | | | | | | | | | |
|-----------------------|-------|-------|------|------|------|------|------|------|------|----|------|------|------|------|
| ALL HOUSEHOLDS, YEAR- | 4.088 | 1.798 | .165 | .599 | .052 | .441 | .082 | .667 | .284 | ** | .614 | .110 | .155 | .055 |
| SPRING----- | 4.337 | 1.869 | .196 | .756 | .053 | .426 | .064 | .656 | .318 | ** | .565 | .105 | .161 | .071 |
| SUMMER----- | 3.762 | 1.673 | .121 | .507 | .017 | .429 | .044 | .673 | .299 | ** | .675 | .140 | .153 | .017 |
| FALL----- | 4.088 | 1.792 | .141 | .565 | .071 | .442 | .075 | .746 | .256 | ** | .596 | .107 | .150 | .066 |
| WINTER----- | 4.262 | 1.894 | .212 | .596 | .080 | .469 | .154 | .600 | .257 | ** | .599 | .079 | .156 | .062 |
| UNDER 3,000----- | 4.075 | 2.058 | .225 | .467 | .047 | .296 | .004 | .673 | .304 | ** | .832 | .253 | .182 | .019 |
| 3,000-4,999----- | 3.791 | 1.758 | .125 | .611 | .055 | .442 | .113 | .538 | .149 | ** | .625 | .130 | .171 | .031 |
| 5,000-6,999----- | 4.102 | 1.841 | .138 | .556 | .034 | .453 | .056 | .673 | .352 | ** | .539 | .079 | .136 | .063 |
| 7,000-9,999----- | 3.842 | 1.441 | .196 | .676 | .047 | .465 | .095 | .695 | .227 | ** | .591 | .091 | .154 | .050 |
| 10,000 AND OVER---- | 5.320 | 2.041 | .171 | .851 | .095 | .581 | .118 | .955 | .508 | ** | .566 | .063 | .149 | .167 |

MONEY VALUE PER PERSON PER WEEK (DOLLARS)

| | | | | | | | | | | | | | | |
|-----------------------|-------|-------|------|------|------|------|------|------|------|------|------|------|------|------|
| ALL HOUSEHOLDS, YEAR- | 2.682 | 1.279 | .119 | .430 | .035 | .303 | .058 | .273 | .185 | .446 | .283 | .036 | .088 | .026 |
| SPRING----- | 2.704 | 1.286 | .116 | .481 | .029 | .274 | .050 | .274 | .193 | .431 | .262 | .038 | .090 | .029 |
| SUMMER----- | 2.384 | 1.190 | .080 | .332 | .010 | .293 | .039 | .243 | .197 | .436 | .293 | .038 | .089 | .010 |
| FALL----- | 2.721 | 1.218 | .118 | .470 | .057 | .307 | .059 | .318 | .174 | .476 | .280 | .038 | .082 | .042 |
| WINTER----- | 3.000 | 1.437 | .171 | .469 | .054 | .339 | .089 | .268 | .173 | .445 | .293 | .032 | .089 | .028 |
| UNDER 3,000----- | 2.438 | 1.420 | .142 | .250 | .027 | .169 | .003 | .260 | .167 | .534 | .358 | .060 | .098 | .006 |
| 3,000-4,999----- | 2.480 | 1.235 | .083 | .421 | .035 | .310 | .075 | .214 | .108 | .442 | .281 | .043 | .103 | .012 |
| 5,000-6,999----- | 2.671 | 1.250 | .105 | .426 | .020 | .323 | .039 | .290 | .216 | .426 | .264 | .029 | .071 | .035 |
| 7,000-9,999----- | 2.536 | 1.019 | .150 | .510 | .030 | .323 | .057 | .300 | .147 | .420 | .266 | .035 | .092 | .020 |
| 10,000 AND OVER---- | 3.599 | 1.581 | .118 | .624 | .087 | .375 | .110 | .344 | .361 | .469 | .273 | .027 | .080 | .073 |

PERCENT OF HOUSEHOLDS USING IN A WEEK

| | | | | | | | | | | | | | | |
|----------------|-------|-------|------|------|------|------|------|------|------|-------|-------|------|------|------|
| ALL HOUSEHOLDS | | | | | | | | | | | | | | |
| SPRING----- | 99.2 | 95.1 | 57.7 | 74.0 | 13.8 | 79.7 | 10.6 | 57.7 | 57.7 | 99.2 | 97.6 | 52.0 | 73.2 | 20.3 |
| SUMMER----- | 100.0 | 98.0 | 43.1 | 60.8 | 7.8 | 80.4 | 9.8 | 52.9 | 60.8 | 100.0 | 100.0 | 37.3 | 66.7 | 11.8 |
| FALL----- | 100.0 | 100.0 | 59.5 | 59.5 | 16.2 | 81.1 | 8.1 | 56.8 | 62.2 | 100.0 | 100.0 | 45.9 | 64.9 | 24.3 |
| WINTER----- | 100.0 | 100.0 | 53.7 | 51.2 | 19.5 | 82.9 | 19.5 | 48.8 | 70.7 | 100.0 | 100.0 | 43.9 | 78.0 | 22.0 |

‡ SEE NOTES FOLLOWING WEST, TABLE 18.

YEAR BY SEASON 1965-1966 AND BY INCOME

TABLE 14.--MEAT, POULTRY, FISH,
OTHER PROTEIN FOOD HOME-PRODUCED

NORTHEAST

RURAL FARM

| SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 | MEAT, POULTRY, FISH | | | | | | | | | OTHER PROTEIN FOOD | | | | |
|---|---------------------|------|------------------------|---------------|-------|-------------------------------------|--------------------|---------|------------------------|--------------------|---|-----------------------------------|--|------------------------|
| | TOTAL | BEEF | BACON, SALT PORK | OTHER PORK | LIVER | LUNCH MEAT, FRANK- FURTERS | OTHER MEAT ‡ | POULTRY | FISH SHELL- FISH | TOTAL ‡ | EGGS (FRESH EQUIV- ALENT) ‡ | DRY LEGUMES (DRY WEIGHT) | NOTS (SHELLED WEIGHT), PEANUT BUTTER | SOUP, MIX- TURES |
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) | (13) | (14) | (15) |

QUANTITY PER PERSON PER WEEK (POUNDS IN COLS. 2-10 AND 13-15, DOZENS IN COL. 12)

| | | | | | | | | | | | | | | |
|-----------------------|-------|-------|------|------|------|------|------|------|------|----|------|------|------|------|
| ALL HOUSEHOLDS, YEAR- | 1.295 | .823 | .033 | .161 | .032 | .001 | .049 | .152 | .045 | ** | .199 | .029 | .004 | .002 |
| SPRING----- | 1.616 | .969 | .044 | .233 | .026 | .004 | .021 | .189 | .129 | ** | .178 | .004 | .004 | .002 |
| SUMMER----- | .994 | .792 | .000 | .004 | .013 | .000 | .011 | .130 | .043 | ** | .313 | .082 | .002 | .000 |
| FALL----- | 1.048 | .531 | .009 | .207 | .042 | .000 | .050 | .198 | .009 | ** | .110 | .013 | .008 | .007 |
| WINTER----- | 1.585 | .979 | .083 | .248 | .050 | .000 | .121 | .105 | .000 | ** | .153 | .000 | .004 | .000 |
| UNDER 3,000----- | 1.734 | 1.100 | .043 | .131 | .047 | .002 | .000 | .381 | .030 | ** | .429 | .178 | .005 | .000 |
| 3,000-4,999----- | 1.466 | 1.040 | .009 | .117 | .026 | .000 | .071 | .198 | .004 | ** | .160 | .018 | .006 | .000 |
| 5,000-6,999----- | 1.190 | .754 | .013 | .159 | .018 | .002 | .024 | .133 | .086 | ** | .167 | .009 | .006 | .007 |
| 7,000-9,999----- | 1.026 | .518 | .063 | .244 | .029 | .000 | .055 | .091 | .026 | ** | .152 | .000 | .002 | .000 |
| 10,000 AND OVER---- | 1.376 | .985 | .026 | .126 | .061 | .000 | .061 | .025 | .091 | ** | .151 | .000 | .000 | .000 |

MONEY VALUE PER PERSON PER WEEK (DOLLARS)

| | | | | | | | | | | | | | | |
|-----------------------|-------|------|------|------|------|------|------|------|------|------|------|------|------|------|
| ALL HOUSEHOLDS, YEAR- | .879 | .600 | .023 | .121 | .023 | .001 | .033 | .057 | .021 | .100 | .087 | .006 | .005 | .002 |
| SPRING----- | 1.044 | .702 | .027 | .153 | .015 | .003 | .013 | .073 | .059 | .090 | .083 | .002 | .005 | .001 |
| SUMMER----- | .624 | .535 | .000 | .003 | .008 | .000 | .014 | .045 | .019 | .150 | .129 | .016 | .005 | .000 |
| FALL----- | .713 | .378 | .008 | .163 | .039 | .000 | .042 | .077 | .007 | .065 | .050 | .003 | .006 | .007 |
| WINTER----- | 1.189 | .782 | .063 | .201 | .034 | .000 | .068 | .041 | .000 | .077 | .072 | .000 | .005 | .000 |
| UNDER 3,000----- | 1.073 | .787 | .027 | .080 | .027 | .001 | .000 | .140 | .009 | .219 | .170 | .037 | .012 | .000 |
| 3,000-4,999----- | .999 | .777 | .006 | .082 | .017 | .000 | .038 | .079 | .002 | .083 | .072 | .004 | .008 | .000 |
| 5,000-6,999----- | .759 | .513 | .009 | .120 | .011 | .001 | .012 | .049 | .043 | .087 | .074 | .002 | .005 | .006 |
| 7,000-9,999----- | .726 | .385 | .049 | .196 | .019 | .000 | .032 | .035 | .009 | .077 | .075 | .000 | .002 | .000 |
| 10,000 AND OVER---- | 1.071 | .756 | .018 | .102 | .067 | .000 | .073 | .009 | .046 | .058 | .058 | .000 | .000 | .000 |

PERCENT OF HOUSEHOLDS USING IN A WEEK

| | | | | | | | | | | | | | | |
|----------------|------|------|------|------|------|-----|------|------|-----|------|------|-----|-----|-----|
| ALL HOUSEHOLDS | | | | | | | | | | | | | | |
| SPRING----- | 54.5 | 43.9 | 8.1 | 17.9 | 4.9 | 1.6 | 3.3 | 13.8 | 8.1 | 34.1 | 30.1 | 2.4 | 4.1 | .8 |
| SUMMER----- | 52.9 | 43.1 | .0 | 2.0 | 3.9 | .0 | 2.0 | 9.8 | 3.9 | 43.1 | 37.3 | 9.8 | 2.0 | .0 |
| FALL----- | 35.1 | 29.7 | 2.7 | 10.8 | 8.1 | .0 | 5.4 | 18.9 | 2.7 | 27.0 | 24.3 | 2.7 | 5.4 | 2.7 |
| WINTER----- | 58.5 | 46.3 | 12.2 | 14.6 | 12.2 | .0 | 12.2 | 9.8 | .0 | 29.3 | 22.0 | .0 | 7.3 | .0 |

* SEE NOTES FOLLOWING WEST, TABLE 18.

YEAR BY SEASON 1965-1966 AND BY INCOME

| SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 | ALL VEGETABLES | | | | | | POTATOES † | | | | | |
|---|----------------|-----------------|------|-----------------|------|-------|--|-----------------|------|-----------------|------|-------|
| | TOTAL ‡ | CANNED | | FROZEN | | DRIED | TOTAL (FRESH EQUIV- ALENT) ‡ | CANNED | | FROZEN | | DRIED |
| | | COMMER- CIAL | HOME | COMMER- CIAL | HOME | | | COMMER- CIAL | HOME | COMMER- CIAL | HOME | |
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) | (13) |

QUANTITY PER PERSON PER WEEK (POUNDS)

| | | | | | | | | | | | | |
|-----------------------|-------|-------|------|------|------|------|-------|------|------|------|------|------|
| ALL HOUSEHOLDS, YEAR- | 5.629 | 1.243 | .078 | .291 | .023 | .011 | 1.960 | .010 | .000 | .056 | .001 | .008 |
| SPRING----- | 5.417 | 1.260 | .078 | .301 | .030 | .009 | 1.982 | .009 | .000 | .061 | .001 | .006 |
| SUMMER----- | 6.289 | 1.065 | .044 | .219 | .011 | .017 | 1.848 | .017 | .000 | .053 | .002 | .015 |
| FALL----- | 5.441 | 1.259 | .078 | .312 | .026 | .009 | 1.946 | .003 | .000 | .059 | .000 | .006 |
| WINTER----- | 5.388 | 1.383 | .110 | .331 | .026 | .009 | 2.058 | .012 | .000 | .053 | * | .005 |
| UNDER 1,000----- | 6.246 | 1.030 | .502 | .113 | .055 | .009 | 2.317 | .000 | .000 | .022 | .000 | .009 |
| 1,000-1,999----- | 5.904 | 1.182 | .173 | .122 | .061 | .004 | 1.842 | * | .000 | .019 | .010 | .003 |
| 2,000-2,999----- | 5.127 | 1.154 | .064 | .200 | .029 | .010 | 1.873 | .003 | .000 | .031 | .002 | .008 |
| 3,000-3,999----- | 5.261 | 1.164 | .074 | .212 | .027 | .008 | 1.834 | .011 | .000 | .033 | .001 | .006 |
| 4,000-4,999----- | 5.495 | 1.356 | .062 | .202 | .015 | .009 | 1.980 | .015 | .000 | .045 | .000 | .007 |
| 5,000-5,999----- | 5.657 | 1.224 | .112 | .247 | .030 | .007 | 1.991 | .015 | .000 | .057 | .001 | .004 |
| 6,000-6,999----- | 5.671 | 1.326 | .111 | .238 | .021 | .012 | 2.033 | .003 | .000 | .044 | .000 | .009 |
| 7,000-7,999----- | 5.395 | 1.179 | .041 | .334 | .025 | .013 | 1.950 | .014 | .000 | .073 | .000 | .010 |
| 8,000-8,999----- | 5.811 | 1.269 | .057 | .323 | .023 | .018 | 2.167 | .008 | .000 | .074 | .000 | .016 |
| 9,000-9,999----- | 5.833 | 1.350 | .051 | .324 | .018 | .016 | 2.024 | .009 | .000 | .066 | .000 | .013 |
| 10,000-14,999----- | 5.846 | 1.166 | .056 | .450 | .016 | .010 | 1.945 | .009 | .000 | .082 | .002 | .008 |
| 15,000 AND OVER---- | 6.285 | 1.329 | .007 | .585 | .006 | .023 | 1.584 | .018 | .000 | .093 | .000 | .015 |

MONEY VALUE PER PERSON PER WEEK (DOLLARS)

| | | | | | | | | | | | | |
|-----------------------|-------|------|------|------|------|------|------|------|------|------|------|------|
| ALL HOUSEHOLDS, YEAR- | .978 | .277 | .016 | .099 | .008 | .011 | .173 | .002 | .000 | .014 | * | .006 |
| SPRING----- | 1.105 | .286 | .017 | .103 | .010 | .010 | .221 | .002 | .000 | .015 | * | .005 |
| SUMMER----- | 1.137 | .235 | .010 | .073 | .004 | .015 | .201 | .003 | .000 | .013 | .001 | .010 |
| FALL----- | .972 | .279 | .016 | .106 | .009 | .010 | .160 | .001 | .000 | .015 | .000 | .004 |
| WINTER----- | .992 | .308 | .022 | .113 | .009 | .009 | .168 | .002 | .000 | .014 | * | .004 |
| UNDER 1,000----- | 1.001 | .232 | .105 | .040 | .017 | .008 | .200 | .000 | .000 | .004 | .000 | .008 |
| 1,000-1,999----- | .997 | .266 | .036 | .041 | .020 | .004 | .155 | * | .000 | .004 | .003 | .003 |
| 2,000-2,999----- | .887 | .250 | .015 | .068 | .010 | .010 | .168 | * | .000 | .008 | * | .005 |
| 3,000-3,999----- | .935 | .262 | .015 | .073 | .009 | .007 | .168 | .002 | .000 | .009 | * | .004 |
| 4,000-4,999----- | .956 | .288 | .013 | .068 | .005 | .007 | .188 | .003 | .000 | .012 | .000 | .003 |
| 5,000-5,999----- | 1.029 | .277 | .024 | .079 | .010 | .009 | .181 | .002 | .000 | .013 | * | .003 |
| 6,000-6,999----- | 1.053 | .301 | .023 | .078 | .007 | .010 | .189 | .001 | .000 | .011 | .000 | .006 |
| 7,000-7,999----- | 1.041 | .271 | .009 | .111 | .009 | .014 | .191 | .004 | .000 | .017 | .000 | .007 |
| 8,000-8,999----- | 1.099 | .279 | .013 | .107 | .008 | .019 | .212 | .002 | .000 | .018 | .000 | .013 |
| 9,000-9,999----- | 1.103 | .282 | .010 | .116 | .006 | .015 | .195 | .003 | .000 | .018 | .000 | .008 |
| 10,000-14,999----- | 1.073 | .266 | .010 | .153 | .005 | .010 | .206 | .002 | .000 | .023 | * | .006 |
| 15,000 AND OVER---- | 1.357 | .300 | .002 | .216 | .002 | .025 | .170 | .003 | .000 | .026 | .000 | .010 |

PERCENT OF HOUSEHOLDS USING IN A WEEK

| | | | | | | | | | | | | |
|----------------|------|------|------|------|-----|------|------|-----|----|------|----|-----|
| ALL HOUSEHOLDS | | | | | | | | | | | | |
| SPRING----- | 99.7 | 91.2 | 8.4 | 51.1 | 4.0 | 12.3 | 90.0 | 3.0 | .0 | 14.0 | .1 | 4.5 |
| SUMMER----- | 99.6 | 88.0 | 3.6 | 47.1 | 1.8 | 11.1 | 88.2 | 2.3 | .0 | 13.7 | .2 | 6.0 |
| FALL----- | 99.6 | 88.0 | 8.1 | 52.9 | 4.4 | 12.1 | 89.6 | 1.2 | .0 | 15.0 | .0 | 4.3 |
| WINTER----- | 99.6 | 92.2 | 10.2 | 52.7 | 4.3 | 11.2 | 93.3 | 2.5 | .0 | 11.7 | * | 3.9 |

* SEE NOTES FOLLOWING WEST, TABLE 18.

YEAR BY SEASON 1965-1966 AND BY INCOME

TABLE 15.--VEGETABLES (FRESH, PROCESSED)
--CONTINUED

NORTHEAST

ALL URBANIZATIONS

| SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 | DARK GREEN ‡ | | | | | DEEP YELLOW ‡ | | | | | TOMATOES ‡ | | |
|---|--------------|-----------------|------|-----------------|------|---------------|-----------------|------|-----------------|------|------------|-----------------|------|
| | TOTAL ‡ | CANNED | | FROZEN | | TOTAL ‡ | CANNED | | FROZEN | | TOTAL ‡ | CANNED | |
| | | COMMER- CIAL | HOME | COMMER- CIAL | HOME | | COMMER- CIAL | HOME | COMMER- CIAL | HOME | | COMMER- CIAL | HOME |
| (1) | (14) | (15) | (16) | (17) | (18) | (19) | (20) | (21) | (22) | (23) | (24) | (25) | (26) |

QUANTITY PER PERSON PER WEEK (POUNDS)

| | | | | | | | | | | | | | |
|------------------------|------|------|------|------|------|------|------|------|------|------|-------|------|------|
| ALL HOUSEHOLDS, YEAR-- | .248 | .018 | .001 | .054 | .001 | .303 | .056 | .001 | .012 | .001 | .867 | .483 | .042 |
| SPRING----- | .249 | .024 | * | .056 | .003 | .271 | .061 | .002 | .012 | .001 | .788 | .468 | .041 |
| SUMMER----- | .245 | .015 | * | .042 | * | .222 | .050 | .003 | .004 | .001 | 1.116 | .466 | .017 |
| FALL----- | .268 | .017 | .000 | .064 | .001 | .435 | .070 | .001 | .011 | .001 | .732 | .439 | .041 |
| WINTER----- | .230 | .018 | .002 | .054 | .001 | .283 | .046 | .000 | .020 | .001 | .837 | .558 | .058 |
| UNDER 1,000----- | .170 | .038 | .007 | .015 | .009 | .430 | .029 | .017 | .006 | .010 | .690 | .244 | .176 |
| 1,000-1,999----- | .268 | .043 | .000 | .023 | * | .332 | .069 | .003 | .011 | .010 | .869 | .351 | .101 |
| 2,000-2,999----- | .334 | .016 | .001 | .047 | * | .326 | .047 | .000 | .007 | .001 | .663 | .435 | .029 |
| 3,000-3,999----- | .344 | .018 | .000 | .063 | .002 | .292 | .047 | .001 | .004 | .001 | .734 | .383 | .041 |
| 4,000-4,999----- | .303 | .019 | .001 | .041 | * | .325 | .078 | .001 | .007 | .000 | .847 | .539 | .032 |
| 5,000-5,999----- | .256 | .021 | .000 | .045 | .001 | .301 | .068 | .003 | .012 | .001 | .897 | .474 | .059 |
| 6,000-6,999----- | .218 | .019 | .003 | .040 | .002 | .274 | .049 | .001 | .009 | .001 | .932 | .537 | .057 |
| 7,000-7,999----- | .207 | .005 | .000 | .072 | * | .299 | .044 | .002 | .013 | * | .838 | .475 | .021 |
| 8,000-8,999----- | .233 | .021 | .000 | .052 | .001 | .270 | .057 | .000 | .015 | .000 | .925 | .517 | .039 |
| 9,000-9,999----- | .246 | .024 | .000 | .063 | .002 | .332 | .072 | .002 | .011 | .000 | .803 | .475 | .024 |
| 10,000-14,999----- | .182 | .017 | .000 | .061 | .003 | .315 | .050 | .000 | .023 | .001 | .952 | .492 | .043 |
| 15,000 AND OVER---- | .278 | .015 | .002 | .117 | .002 | .294 | .039 | .000 | .019 | .002 | 1.018 | .559 | .001 |

MONEY VALUE PER PERSON PER WEEK (DOLLARS)

| | | | | | | | | | | | | | |
|------------------------|------|------|------|------|------|------|------|------|------|------|------|------|------|
| ALL HOUSEHOLDS, YEAR-- | .069 | .004 | * | .019 | * | .050 | .013 | * | .004 | * | .205 | .103 | .008 |
| SPRING----- | .072 | .006 | * | .020 | .001 | .048 | .014 | * | .004 | * | .200 | .102 | .008 |
| SUMMER----- | .066 | .004 | * | .015 | * | .037 | .011 | * | .001 | * | .263 | .100 | .013 |
| FALL----- | .074 | .003 | .000 | .021 | * | .065 | .015 | * | .003 | * | .172 | .094 | .008 |
| WINTER----- | .067 | .004 | * | .019 | .001 | .051 | .011 | .000 | .007 | * | .189 | .115 | .012 |
| UNDER 1,000----- | .055 | .010 | .007 | .004 | .002 | .054 | .007 | .003 | .001 | .003 | .146 | .054 | .034 |
| 1,000-1,999----- | .074 | .009 | .000 | .008 | * | .064 | .020 | .001 | .004 | .004 | .194 | .073 | .020 |
| 2,000-2,999----- | .075 | .003 | .001 | .016 | * | .053 | .011 | .000 | .002 | * | .149 | .093 | .006 |
| 3,000-3,999----- | .085 | .004 | .000 | .022 | .001 | .051 | .012 | * | .002 | * | .159 | .079 | .003 |
| 4,000-4,999----- | .077 | .004 | * | .014 | * | .050 | .017 | * | .002 | .000 | .187 | .111 | .006 |
| 5,000-5,999----- | .071 | .005 | .000 | .016 | * | .051 | .015 | * | .003 | * | .211 | .103 | .011 |
| 6,000-6,999----- | .065 | .004 | * | .013 | .001 | .046 | .011 | * | .003 | * | .226 | .117 | .010 |
| 7,000-7,999----- | .061 | .001 | .000 | .023 | * | .048 | .010 | * | .005 | * | .206 | .105 | .014 |
| 8,000-8,999----- | .067 | .004 | .000 | .018 | * | .048 | .014 | .000 | .005 | .000 | .215 | .108 | .007 |
| 9,000-9,999----- | .066 | .005 | .000 | .022 | .001 | .056 | .015 | * | .003 | .000 | .192 | .096 | .005 |
| 10,000-14,999----- | .059 | .004 | .000 | .021 | .001 | .051 | .011 | .000 | .007 | * | .240 | .108 | .007 |
| 15,000 AND OVER---- | .093 | .004 | * | .041 | * | .051 | .009 | .000 | .008 | .001 | .258 | .111 | * |

PERCENT OF HOUSEHOLDS USING IN A WEEK

| | | | | | | | | | | | | | |
|----------------|------|-----|----|------|----|------|------|----|-----|----|------|------|-----|
| ALL HOUSEHOLDS | | | | | | | | | | | | | |
| SPRING----- | 52.6 | 6.3 | .3 | 17.3 | .8 | 59.1 | 15.6 | .3 | 4.5 | .3 | 86.7 | 71.0 | 4.7 |
| SUMMER----- | 52.3 | 5.4 | * | 15.5 | .2 | 49.3 | 12.9 | .4 | 2.1 | .1 | 91.5 | 72.2 | 1.6 |
| FALL----- | 52.7 | 4.9 | .0 | 19.6 | .4 | 62.7 | 15.8 | .2 | 4.0 | .1 | 81.3 | 69.7 | 4.6 |
| WINTER----- | 48.7 | 4.9 | .2 | 17.8 | .6 | 57.5 | 11.8 | .0 | 6.2 | .5 | 87.0 | 74.6 | 6.3 |

* SEE NOTES FOLLOWING WEST, TABLE 18.

YEAR BY SEASON 1965-1966 AND BY INCOME

TABLE 15.--VEGETABLES (FRESH, PROCESSED)
--CONTINUED

NORTHEAST

ALL ORGANIZATIONS

| SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 (1) | OTHER * | | | | | | SOUP, MIXTURES | | | | | |
|--|------------------------|-----------------------------|------------------|-----------------------------|------------------|-------------------|------------------------|-----------------------------|------------------|-----------------------------|------------------|-------------------|
| | TOTAL # (27) | CANNED | | FROZEN | | DRIED (32) | TOTAL # (33) | CANNED | | FROZEN | | DRIED (38) |
| | | COMMER- CIAL (28) | HOME (29) | COMMER- CIAL (30) | HOME (31) | | | COMMER- CIAL (34) | HOME (35) | COMMER- CIAL (36) | HOME (37) | |
| | | | | | | | | | | | | |
| QUANTITY PER PERSON PER WEEK (POUNDS) | | | | | | | | | | | | |
| ALL HOUSEHOLDS, YEAR- | 2.443 | .548 | .034 | .166 | .019 | .001 | .138 | .127 | .000 | .002 | * | .001 |
| SPRING----- | 2.334 | .574 | .035 | .168 | .022 | * | .138 | .124 | .000 | .003 | .001 | .001 |
| SUMMER----- | 3.158 | .419 | .024 | .119 | .008 | * | .106 | .097 | .000 | .001 | .000 | .001 |
| FALL----- | 2.194 | .593 | .036 | .174 | .023 | * | .151 | .137 | .000 | .004 | .000 | .002 |
| WINTER----- | 2.107 | .602 | .040 | .201 | .023 | .001 | .157 | .149 | .000 | .002 | .000 | .002 |
| UNDER 1,000----- | 2.555 | .468 | .301 | .071 | .036 | .000 | .250 | .250 | .000 | .000 | .000 | .000 |
| 1,000-1,999----- | 2.485 | .509 | .070 | .069 | .040 | * | .216 | .210 | .000 | .000 | .000 | * |
| 2,000-2,999----- | 2.080 | .537 | .034 | .114 | .023 | .001 | .129 | .115 | .000 | .000 | .003 | * |
| 3,000-3,999----- | 2.116 | .554 | .032 | .111 | .023 | * | .158 | .150 | .000 | .001 | .000 | .001 |
| 4,000-4,999----- | 2.209 | .567 | .028 | .109 | .012 | .001 | .144 | .139 | .000 | * | * | .001 |
| 5,000-5,999----- | 2.363 | .525 | .050 | .132 | .025 | * | .130 | .121 | .000 | .001 | .000 | .002 |
| 6,000-6,999----- | 2.402 | .557 | .051 | .143 | .016 | .001 | .165 | .161 | .000 | .002 | .000 | .001 |
| 7,000-7,999----- | 2.369 | .528 | .018 | .175 | .025 | * | .127 | .112 | .000 | .002 | .000 | .003 |
| 8,000-8,999----- | 2.487 | .546 | .018 | .177 | .022 | * | .135 | .120 | .000 | .004 | .000 | .001 |
| 9,000-9,999----- | 2.694 | .698 | .025 | .176 | .016 | * | .098 | .072 | .000 | .008 | .000 | .003 |
| 10,000-14,999----- | 2.721 | .485 | .013 | .278 | .011 | * | .128 | .113 | .000 | .006 | .000 | .001 |
| 15,000 AND OVER---- | 3.404 | .604 | .004 | .353 | .003 | .001 | .102 | .095 | .000 | .003 | .000 | .004 |
| MONEY VALUE PER PERSON PER WEEK (DOLLARS) | | | | | | | | | | | | |
| ALL HOUSEHOLDS, YEAR- | .497 | .122 | .008 | .060 | .007 | .001 | .042 | .034 | .000 | .002 | * | .002 |
| SPRING----- | .523 | .128 | .008 | .061 | .008 | .001 | .042 | .034 | .000 | .002 | * | .002 |
| SUMMER----- | .537 | .091 | .006 | .043 | .003 | .001 | .033 | .027 | .000 | .001 | .000 | .001 |
| FALL----- | .454 | .131 | .009 | .064 | .008 | .001 | .046 | .034 | .000 | .003 | .000 | .004 |
| WINTER----- | .472 | .136 | .009 | .071 | .008 | .001 | .045 | .039 | .000 | .002 | .000 | .002 |
| UNDER 1,000----- | .464 | .103 | .062 | .030 | .012 | .000 | .058 | .058 | .000 | .000 | .000 | .000 |
| 1,000-1,999----- | .452 | .108 | .016 | .025 | .014 | * | .058 | .056 | .000 | .000 | .000 | .001 |
| 2,000-2,999----- | .407 | .113 | .009 | .040 | .009 | .002 | .034 | .028 | .000 | .000 | .001 | * |
| 3,000-3,999----- | .426 | .126 | .007 | .041 | .008 | * | .046 | .038 | .000 | .001 | .000 | .002 |
| 4,000-4,999----- | .410 | .117 | .006 | .039 | .004 | .001 | .043 | .036 | .000 | * | * | .002 |
| 5,000-5,999----- | .478 | .120 | .012 | .046 | .009 | * | .037 | .032 | .000 | .001 | .000 | .003 |
| 6,000-6,999----- | .481 | .124 | .012 | .049 | .006 | .001 | .047 | .043 | .000 | .002 | .000 | .001 |
| 7,000-7,999----- | .490 | .120 | .005 | .065 | .008 | .001 | .044 | .031 | .000 | .001 | .000 | .004 |
| 8,000-8,999----- | .516 | .120 | .005 | .063 | .007 | .001 | .042 | .030 | .000 | .004 | .000 | .002 |
| 9,000-9,999----- | .557 | .142 | .005 | .068 | .006 | .001 | .037 | .020 | .000 | .005 | .000 | .005 |
| 10,000-14,999----- | .566 | .109 | .003 | .098 | .004 | .001 | .042 | .032 | .000 | .004 | .000 | .002 |
| 15,000 AND OVER---- | .754 | .149 | .001 | .138 | .001 | .002 | .032 | .024 | .000 | .003 | .000 | .005 |
| PERCENT OF HOUSEHOLDS USING IN A WEEK | | | | | | | | | | | | |
| ALL HOUSEHOLDS | | | | | | | | | | | | |
| SPRING----- | 98.3 | 70.4 | 5.4 | 38.5 | 3.5 | 2.6 | 32.0 | 27.2 | .0 | 1.1 | .1 | 2.7 |
| SUMMER----- | 98.6 | 59.7 | 3.1 | 31.0 | 1.8 | 2.3 | 26.7 | 22.8 | .0 | .6 | .3 | 2.1 |
| FALL----- | 97.4 | 70.1 | 5.1 | 38.3 | 4.2 | 3.0 | 34.9 | 30.2 | .0 | 2.6 | .0 | 3.5 |
| WINTER----- | 98.4 | 69.1 | 6.0 | 40.3 | 3.9 | 2.7 | 34.7 | 31.0 | .0 | 1.0 | .0 | 2.5 |

* SEE NOTES FOLLOWING WEST, TABLE 18.

YEAR BY SEASON 1965-1966 AND BY INCOME

| SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 | ALL VEGETABLES | | | | | | POTATOES † | | | | | |
|---|----------------|-----------------|------|-----------------|------|-------|--|-----------------|------|-----------------|------|-------|
| | TOTAL * | CANNED | | FROZEN | | DRIED | TOTAL (FRESH EQUIV- ALENT) ‡ | CANNED | | FROZEN | | DRIED |
| | | COMMER- CIAL | HOME | COMMER- CIAL | HOME | | | COMMER- CIAL | HOME | COMMER- CIAL | HOME | |
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) | (13) |

QUANTITY PER PERSON PER WEEK (POUNDS)

| | | | | | | | | | | | | |
|-----------------------|-------|-------|------|------|------|------|-------|------|------|------|------|------|
| ALL HOUSEHOLDS, YEAR- | 5.418 | 1.248 | .021 | .318 | .006 | .012 | 1.778 | .010 | .000 | .056 | .000 | .009 |
| SPRING----- | 5.437 | 1.283 | .021 | .323 | .008 | .010 | 1.823 | .010 | .000 | .059 | .000 | .007 |
| SUMMER----- | 5.791 | 1.073 | .013 | .243 | .005 | .020 | 1.663 | .017 | .000 | .053 | .000 | .018 |
| FALL----- | 5.304 | 1.238 | .022 | .340 | .009 | .008 | 1.838 | .003 | .000 | .065 | .000 | .005 |
| WINTER----- | 5.154 | 1.390 | .025 | .363 | .003 | .009 | 1.781 | .012 | .000 | .047 | .000 | .006 |
| UNDER 1,000----- | 4.538 | 1.138 | .037 | .172 | .004 | .003 | 1.514 | .000 | .000 | .037 | .000 | .003 |
| 1,000-1,999----- | 5.141 | 1.402 | .047 | .162 | .008 | .005 | 1.433 | * | .000 | .027 | .000 | .004 |
| 2,000-2,999----- | 5.120 | 1.221 | .027 | .214 | .008 | .008 | 1.741 | .004 | .000 | .026 | .000 | .005 |
| 3,000-3,999----- | 5.231 | 1.239 | .016 | .224 | .002 | .007 | 1.682 | .014 | .000 | .024 | .000 | .005 |
| 4,000-4,999----- | 5.232 | 1.354 | .003 | .212 | .008 | .011 | 1.739 | .013 | .000 | .031 | .000 | .009 |
| 5,000-5,999----- | 5.408 | 1.260 | .044 | .296 | .013 | .008 | 1.715 | .017 | .000 | .061 | .000 | .004 |
| 6,000-6,999----- | 5.407 | 1.343 | .023 | .261 | .002 | .011 | 1.771 | .004 | .000 | .050 | .000 | .007 |
| 7,000-7,999----- | 5.265 | 1.199 | .005 | .355 | .005 | .013 | 1.859 | .017 | .000 | .076 | .000 | .010 |
| 8,000-8,999----- | 5.665 | 1.283 | .004 | .348 | .003 | .022 | 2.068 | .009 | .000 | .074 | .000 | .020 |
| 9,000-9,999----- | 5.627 | 1.269 | .024 | .320 | .012 | .019 | 1.887 | .005 | .000 | .059 | .000 | .015 |
| 10,000-14,999----- | 5.603 | 1.101 | .018 | .475 | .001 | .009 | 1.863 | .003 | .000 | .083 | .000 | .008 |
| 15,000 AND OVER---- | 6.601 | 1.253 | .001 | .608 | .000 | .027 | 1.735 | .024 | .000 | .101 | .000 | .020 |

MONEY VALUE PER PERSON PER WEEK (DOLLARS)

| | | | | | | | | | | | | |
|-----------------------|-------|------|------|------|------|------|------|------|------|------|------|------|
| ALL HOUSEHOLDS, YEAR- | 1.045 | .283 | .005 | .108 | .002 | .012 | .177 | .002 | .000 | .014 | .000 | .006 |
| SPRING----- | 1.136 | .298 | .006 | .111 | .003 | .010 | .207 | .003 | .000 | .015 | .000 | .005 |
| SUMMER----- | 1.073 | .242 | .002 | .082 | .002 | .018 | .180 | .003 | .000 | .013 | .000 | .012 |
| FALL----- | .969 | .276 | .005 | .115 | .003 | .010 | .161 | * | .000 | .016 | .000 | .003 |
| WINTER----- | 1.004 | .313 | .005 | .125 | .001 | .009 | .159 | .002 | .000 | .012 | .000 | .005 |
| UNDER 1,000----- | .736 | .263 | .009 | .059 | .001 | .002 | .125 | .000 | .000 | .007 | .000 | .002 |
| 1,000-1,999----- | .961 | .329 | .012 | .052 | .003 | .006 | .143 | * | .000 | .006 | .000 | .003 |
| 2,000-2,999----- | .917 | .269 | .008 | .072 | .002 | .009 | .168 | * | .000 | .006 | .000 | .003 |
| 3,000-3,999----- | .945 | .281 | .004 | .077 | .001 | .006 | .156 | .003 | .000 | .006 | .000 | .004 |
| 4,000-4,999----- | .928 | .290 | .001 | .073 | .003 | .009 | .164 | .002 | .000 | .009 | .000 | .004 |
| 5,000-5,999----- | 1.039 | .292 | .009 | .096 | .004 | .012 | .170 | .003 | .000 | .013 | .000 | .003 |
| 6,000-6,999----- | 1.049 | .316 | .005 | .087 | .001 | .009 | .168 | .001 | .000 | .012 | .000 | .003 |
| 7,000-7,999----- | 1.035 | .279 | .001 | .119 | .002 | .015 | .185 | .004 | .000 | .018 | .000 | .006 |
| 8,000-8,999----- | 1.097 | .283 | .001 | .116 | .001 | .022 | .208 | .003 | .000 | .018 | .000 | .017 |
| 9,000-9,999----- | 1.086 | .268 | .005 | .114 | .004 | .017 | .190 | .001 | .000 | .015 | .000 | .009 |
| 10,000-14,999----- | 1.141 | .256 | .003 | .161 | * | .008 | .198 | .001 | .000 | .023 | .000 | .006 |
| 15,000 AND OVER---- | 1.398 | .285 | * | .223 | .000 | .027 | .187 | .004 | .000 | .028 | .000 | .013 |

PERCENT OF HOUSEHOLDS USING IN A WEEK

| | | | | | | | | | | | | |
|----------------|------|------|-----|------|-----|------|------|-----|----|------|----|-----|
| ALL HOUSEHOLDS | 99.7 | 90.0 | 3.5 | 51.7 | 1.3 | 12.6 | 88.5 | 3.1 | .0 | 13.2 | .0 | 4.3 |
| SPRING----- | 99.7 | 90.0 | 3.5 | 51.7 | 1.3 | 12.6 | 88.5 | 3.1 | .0 | 13.2 | .0 | 4.3 |
| SUMMER----- | 99.5 | 87.9 | .8 | 50.5 | 1.1 | 11.6 | 87.4 | 2.4 | .0 | 13.4 | .0 | 6.2 |
| FALL----- | 99.7 | 88.2 | 3.0 | 55.7 | 2.3 | 11.8 | 88.7 | 1.0 | .0 | 15.9 | .0 | 3.5 |
| WINTER----- | 99.5 | 91.9 | 3.4 | 53.2 | .5 | 10.3 | 91.4 | 2.9 | .0 | 9.8 | .0 | 3.7 |

† SEE NOTES FOLLOWING WEST, TABLE 18.

YEAR BY SEASON 1965-1966 AND BY INCOME

TABLE 15.--VEGETABLES (FRESH, PROCESSED)
--CONTINUED

NORTHEAST

URBAN

| SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 (1) | DARK GREEN † | | | | | DEEP YELLOW † | | | | | TOMATOES † | | |
|--|--------------------|-------------------------|--------------|-------------------------|--------------|--------------------|-------------------------|--------------|-------------------------|--------------|--------------------|-------------------------|--------------|
| | TOTAL ‡ (14) | CANNED | | FROZEN | | TOTAL ‡ (19) | CANNED | | FROZEN | | TOTAL ‡ (24) | CANNED | |
| | | COMMER- CIAL (15) | HOME (16) | COMMER- CIAL (17) | HOME (18) | | COMMER- CIAL (20) | HOME (21) | COMMER- CIAL (22) | HOME (23) | | COMMER- CIAL (25) | HOME (26) |

QUANTITY PER PERSON PER WEEK (POUNDS)

| | | | | | | | | | | | | | |
|-----------------------|------|------|------|------|------|------|------|------|------|------|-------|------|------|
| ALL HOUSEHOLDS, YEAR- | .292 | .020 | * | .062 | * | .300 | .058 | * | .014 | * | .842 | .479 | .015 |
| SPRING----- | .298 | .028 | * | .066 | * | .295 | .064 | * | .015 | * | .793 | .464 | .013 |
| SUMMER----- | .287 | .019 | .000 | .048 | .001 | .228 | .053 | .000 | .004 | .000 | 1.053 | .451 | .012 |
| FALL----- | .306 | .017 | .000 | .068 | .000 | .402 | .071 | .001 | .011 | .000 | .709 | .441 | .013 |
| WINTER----- | .277 | .017 | .000 | .064 | .000 | .270 | .043 | .000 | .027 | .000 | .824 | .561 | .022 |
| UNDER 1,000----- | .199 | .056 | .000 | .025 | .000 | .475 | .011 | .000 | .010 | .000 | .402 | .207 | .027 |
| 1,000-1,999----- | .358 | .070 | .000 | .030 | .000 | .261 | .080 | .000 | .011 | .000 | .761 | .382 | .039 |
| 2,000-2,999----- | .402 | .020 | .001 | .059 | * | .328 | .052 | .000 | .007 | .000 | .696 | .462 | .017 |
| 3,000-3,999----- | .409 | .023 | .000 | .071 | .000 | .322 | .050 | .001 | .005 | .000 | .696 | .421 | .013 |
| 4,000-4,999----- | .374 | .014 | .000 | .047 | .000 | .324 | .070 | .000 | .008 | .000 | .817 | .529 | .003 |
| 5,000-5,999----- | .316 | .024 | .000 | .058 | .001 | .306 | .075 | .000 | .016 | .000 | .908 | .480 | .040 |
| 6,000-6,999----- | .272 | .020 | * | .049 | * | .243 | .052 | .000 | .010 | .000 | .874 | .515 | .012 |
| 7,000-7,999----- | .230 | .006 | .000 | .078 | .000 | .308 | .050 | .002 | .012 | .000 | .812 | .479 | .000 |
| 8,000-8,999----- | .261 | .025 | .000 | .063 | .000 | .269 | .062 | .000 | .019 | .000 | .893 | .511 | .002 |
| 9,000-9,999----- | .285 | .030 | .000 | .063 | .000 | .301 | .079 | .000 | .013 | .000 | .768 | .447 | .017 |
| 10,000-14,999----- | .191 | .016 | .000 | .064 | .000 | .305 | .044 | .000 | .026 | .001 | .889 | .451 | .014 |
| 15,000 AND OVER---- | .267 | .011 | .000 | .102 | .000 | .320 | .042 | .000 | .024 | .000 | 1.130 | .604 | .001 |

MONEY VALUE PER PERSON PER WEEK (DOLLARS)

| | | | | | | | | | | | | | |
|-----------------------|------|------|------|------|------|------|------|------|------|------|------|------|------|
| ALL HOUSEHOLDS, YEAR- | .079 | .005 | * | .021 | * | .051 | .014 | * | .005 | * | .204 | .102 | .003 |
| SPRING----- | .084 | .007 | * | .023 | * | .052 | .015 | * | .005 | * | .206 | .103 | .003 |
| SUMMER----- | .072 | .004 | .000 | .017 | * | .038 | .012 | .000 | .002 | .000 | .255 | .097 | .002 |
| FALL----- | .081 | .003 | .000 | .022 | .000 | .060 | .016 | * | .003 | .000 | .169 | .095 | .003 |
| WINTER----- | .078 | .004 | .000 | .023 | .000 | .052 | .012 | .000 | .009 | .000 | .189 | .113 | .004 |
| UNDER 1,000----- | .057 | .013 | .000 | .007 | .000 | .053 | .004 | .000 | .002 | .000 | .081 | .046 | .007 |
| 1,000-1,999----- | .086 | .014 | .000 | .008 | .000 | .058 | .028 | .000 | .004 | .000 | .182 | .086 | .009 |
| 2,000-2,999----- | .090 | .004 | .001 | .021 | * | .054 | .012 | .000 | .002 | .000 | .157 | .100 | .004 |
| 3,000-3,999----- | .097 | .005 | .000 | .024 | .000 | .057 | .013 | * | .002 | .000 | .161 | .088 | .003 |
| 4,000-4,999----- | .090 | .004 | .000 | .016 | .000 | .051 | .016 | .000 | .003 | .000 | .177 | .107 | .001 |
| 5,000-5,999----- | .086 | .006 | .000 | .021 | * | .052 | .016 | .000 | .004 | .000 | .217 | .103 | .008 |
| 6,000-6,999----- | .079 | .005 | * | .016 | * | .043 | .013 | .000 | .003 | .000 | .222 | .115 | .003 |
| 7,000-7,999----- | .065 | .002 | .000 | .025 | .000 | .049 | .011 | * | .005 | .000 | .205 | .105 | .000 |
| 8,000-8,999----- | .075 | .005 | .000 | .021 | .000 | .049 | .016 | .000 | .006 | .000 | .211 | .106 | .001 |
| 9,000-9,999----- | .071 | .006 | .000 | .022 | .000 | .053 | .017 | .000 | .003 | .000 | .184 | .091 | .003 |
| 10,000-14,999----- | .059 | .003 | .000 | .022 | .000 | .050 | .010 | .000 | .008 | * | .234 | .100 | .002 |
| 15,000 AND OVER---- | .087 | .004 | .000 | .036 | .000 | .053 | .009 | .000 | .009 | .000 | .286 | .120 | * |

PERCENT OF HOUSEHOLDS USING IN A WEEK

| | | | | | | | | | | | | | |
|----------------|------|-----|----|------|----|------|------|----|-----|----|------|------|-----|
| ALL HOUSEHOLDS | | | | | | | | | | | | | |
| SPRING----- | 56.4 | 6.9 | .3 | 18.8 | .2 | 59.8 | 15.8 | .1 | 5.3 | .1 | 86.3 | 69.0 | 2.0 |
| SUMMER----- | 53.8 | 5.9 | .0 | 18.0 | .3 | 49.2 | 12.4 | .0 | 2.2 | .0 | 91.4 | 72.0 | .8 |
| FALL----- | 55.4 | 4.5 | .0 | 19.6 | .0 | 61.7 | 16.1 | .3 | 3.8 | .0 | 79.8 | 68.8 | 1.8 |
| WINTER----- | 50.5 | 4.7 | .0 | 19.1 | .0 | 55.4 | 11.3 | .0 | 7.8 | .0 | 86.0 | 72.5 | 2.2 |

† SEE NOTES FOLLOWING WEST, TABLE 18.

YEAR BY SEASON 1965-1966 AND BY INCOME

--CONTINUED

| SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 (1) | OTHER * | | | | | | SOUP, MIXTURES | | | | | |
|--|------------------------|-----------------------------|------------------|-----------------------------|------------------|-------------------|------------------------|-----------------------------|------------------|-----------------------------|------------------|-------------------|
| | TOTAL * (27) | CANNED | | FROZEN | | DRIED (32) | TOTAL * (33) | CANNED | | FROZEN | | DRIED (38) |
| | | COMMER- CIAL (28) | HOME (29) | COMMER- CIAL (30) | HOME (31) | | | COMMER- CIAL (34) | HOME (35) | COMMER- CIAL (36) | HOME (37) | |
| QUANTITY PER PERSON PER WEEK (POUNDS) | | | | | | | | | | | | |
| ALL HOUSEHOLDS, YEAR- | 2.376 | .546 | .005 | .183 | .005 | .001 | .147 | .135 | .000 | .002 | * | .001 |
| SPRING----- | 2.416 | .581 | .007 | .179 | .007 | .001 | .152 | .136 | .000 | .003 | .001 | .001 |
| SUMMER----- | 2.839 | .432 | .001 | .136 | .004 | * | .112 | .102 | .000 | .001 | .000 | .001 |
| FALL----- | 2.184 | .573 | .008 | .193 | .007 | * | .149 | .134 | .000 | .004 | .000 | .002 |
| WINTER----- | 2.089 | .589 | .004 | .223 | .003 | .001 | .174 | .167 | .000 | .002 | .000 | .001 |
| UNDER 1,000----- | 1.740 | .579 | .010 | .100 | .004 | .000 | .285 | .285 | .000 | .000 | .000 | .000 |
| 1,000-1,999----- | 2.156 | .609 | .008 | .093 | .008 | * | .270 | .260 | .000 | .000 | .000 | .001 |
| 2,000-2,999----- | 2.095 | .569 | .009 | .122 | .004 | .001 | .132 | .114 | .000 | .000 | .004 | * |
| 3,000-3,999----- | 2.134 | .568 | .003 | .124 | .002 | * | .172 | .163 | .000 | .000 | .000 | .001 |
| 4,000-4,999----- | 2.105 | .579 | .000 | .126 | .003 | .001 | .156 | .149 | .000 | * | .000 | .001 |
| 5,000-5,999----- | 2.301 | .536 | .004 | .159 | .012 | * | .137 | .128 | .000 | .002 | .000 | .002 |
| 6,000-6,999----- | 2.366 | .568 | .011 | .149 | .002 | .002 | .189 | .184 | .000 | .003 | .000 | .001 |
| 7,000-7,999----- | 2.309 | .523 | .003 | .187 | .005 | * | .141 | .125 | .000 | .002 | .000 | .002 |
| 8,000-8,999----- | 2.453 | .552 | .001 | .187 | .003 | .001 | .137 | .124 | .000 | .004 | .000 | .001 |
| 9,000-9,999----- | 2.669 | .629 | .008 | .181 | .012 | * | .100 | .080 | .000 | .004 | .000 | .004 |
| 10,000-14,999----- | 2.635 | .475 | .004 | .297 | .000 | * | .129 | .112 | .000 | .006 | .000 | * |
| 15,000 AND OVER---- | 3.515 | .496 | .000 | .379 | .000 | .001 | .083 | .078 | .000 | .002 | .000 | .003 |
| MONEY VALUE PER PERSON PER WEEK (DOLLARS) | | | | | | | | | | | | |
| ALL HOUSEHOLDS, YEAR- | .490 | .125 | .001 | .067 | .002 | .001 | .045 | .036 | .000 | .002 | * | .002 |
| SPRING----- | .541 | .133 | .002 | .066 | .002 | .001 | .047 | .037 | .000 | .002 | * | .002 |
| SUMMER----- | .492 | .097 | * | .049 | .001 | .001 | .036 | .029 | .000 | .001 | .000 | .001 |
| FALL----- | .452 | .128 | .002 | .071 | .002 | .001 | .046 | .034 | .000 | .003 | .000 | .004 |
| WINTER----- | .476 | .138 | .001 | .080 | .001 | .001 | .050 | .044 | .000 | .001 | .000 | .002 |
| UNDER 1,000----- | .350 | .129 | .002 | .043 | .001 | .000 | .071 | .071 | .000 | .000 | .000 | .000 |
| 1,000-1,999----- | .417 | .129 | .003 | .034 | .003 | .001 | .075 | .071 | .000 | .000 | .000 | .002 |
| 2,000-2,999----- | .411 | .124 | .003 | .043 | .001 | .002 | .037 | .029 | .000 | .000 | .001 | .001 |
| 3,000-3,999----- | .425 | .131 | .001 | .045 | .001 | * | .049 | .042 | .000 | .000 | .000 | .001 |
| 4,000-4,999----- | .397 | .121 | .000 | .046 | .001 | .001 | .048 | .040 | .000 | * | .000 | .003 |
| 5,000-5,999----- | .474 | .130 | .001 | .056 | .004 | .001 | .039 | .033 | .000 | .001 | .000 | .004 |
| 6,000-6,999----- | .483 | .134 | .003 | .052 | .001 | .001 | .053 | .049 | .000 | .003 | .000 | .001 |
| 7,000-7,999----- | .481 | .123 | .001 | .070 | .002 | .001 | .049 | .034 | .000 | .002 | .000 | .004 |
| 8,000-8,999----- | .514 | .122 | * | .067 | .001 | .002 | .040 | .032 | .000 | .005 | .000 | .001 |
| 9,000-9,999----- | .550 | .129 | .002 | .070 | .004 | .001 | .037 | .022 | .000 | .003 | .000 | .007 |
| 10,000-14,999----- | .558 | .109 | .001 | .104 | .000 | * | .042 | .032 | .000 | .004 | .000 | * |
| 15,000 AND OVER---- | .760 | .129 | .000 | .148 | .000 | .003 | .025 | .020 | .000 | .002 | .000 | .004 |
| PERCENT OF HOUSEHOLDS USING IN A WEEK | | | | | | | | | | | | |
| ALL HOUSEHOLDS | | | | | | | | | | | | |
| SPRING----- | 98.2 | 69.4 | 2.0 | 39.0 | 1.1 | 3.1 | 32.1 | 27.4 | .0 | 1.1 | .1 | 2.6 |
| SUMMER----- | 98.4 | 62.1 | .3 | 33.9 | 1.1 | 2.4 | 26.6 | 22.3 | .0 | .8 | .0 | 2.2 |
| FALL----- | 97.2 | 70.3 | 2.0 | 41.1 | 2.0 | 2.5 | 31.7 | 27.5 | .0 | 2.0 | .0 | 3.3 |
| WINTER----- | 98.0 | 67.6 | 1.2 | 41.2 | .5 | 2.7 | 34.1 | 31.6 | .0 | .5 | .0 | 2.0 |

* SEE NOTES FOLLOWING WEST, TABLE 18.

YEAR BY SEASON 1965-1966 AND BY INCOME

| SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 | ALL VEGETABLES | | | | | | POTATOES † | | | | | |
|---|----------------|-----------------|------|-----------------|------|-------|--|-----------------|------|-----------------|------|-------|
| | TOTAL ‡ | CANNED | | FROZEN | | DRIED | TOTAL (FRESH EQUIV- ALENT) ‡ | CANNED | | FROZEN | | DRIED |
| | | COMMER- CIAL | HOME | COMMER- CIAL | HOME | | | COMMER- CIAL | HOME | COMMER- CIAL | HOME | |
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) | (13) |

QUANTITY PER PERSON PER WEEK (POUNDS)

| | | | | | | | | | | | | |
|-----------------------|-------|-------|------|------|------|------|-------|------|------|------|------|------|
| ALL HOUSEHOLDS, YEAR- | 6.103 | 1.278 | .214 | .220 | .055 | .009 | 2.418 | .010 | .000 | .059 | .002 | .007 |
| SPRING----- | 5.304 | 1.227 | .214 | .243 | .075 | .009 | 2.370 | .007 | .000 | .066 | .004 | .006 |
| SUMMER----- | 7.336 | 1.099 | .099 | .165 | .018 | .007 | 2.241 | .018 | .000 | .055 | .004 | .006 |
| FALL----- | 5.802 | 1.389 | .249 | .219 | .055 | .014 | 2.260 | .005 | .000 | .041 | .000 | .012 |
| WINTER----- | 5.986 | 1.410 | .295 | .249 | .069 | .008 | 2.758 | .010 | .000 | .072 | .000 | .005 |
| UNDER 3,000----- | 5.723 | .904 | .389 | .098 | .074 | .014 | 2.321 | .001 | .000 | .029 | .000 | .014 |
| 3,000-4,999----- | 5.813 | 1.252 | .178 | .180 | .049 | .005 | 2.534 | .015 | .000 | .081 | .002 | .004 |
| 5,000-6,999----- | 6.218 | 1.245 | .285 | .149 | .056 | .009 | 2.645 | .004 | .000 | .040 | .002 | .009 |
| 7,000-9,999----- | 6.089 | 1.326 | .143 | .284 | .060 | .010 | 2.287 | .010 | .000 | .075 | .000 | .005 |
| 10,000 AND OVER---- | 6.215 | 1.452 | .144 | .410 | .054 | .013 | 1.922 | .025 | .000 | .080 | .007 | .007 |

MONEY VALUE PER PERSON PER WEEK (DOLLARS)

| | | | | | | | | | | | | |
|-----------------------|-------|------|------|------|------|------|------|------|------|------|------|------|
| ALL HOUSEHOLDS, YEAR- | 1.058 | .271 | .043 | .074 | .018 | .009 | .217 | .002 | .000 | .016 | .001 | .005 |
| SPRING----- | 1.017 | .259 | .043 | .081 | .024 | .009 | .258 | .002 | .000 | .018 | .001 | .004 |
| SUMMER----- | 1.276 | .227 | .022 | .052 | .006 | .006 | .255 | .003 | .000 | .014 | .001 | .004 |
| FALL----- | .972 | .299 | .053 | .078 | .019 | .013 | .151 | .002 | .000 | .011 | .000 | .008 |
| WINTER----- | .964 | .303 | .057 | .082 | .024 | .009 | .192 | .002 | .000 | .019 | .000 | .004 |
| UNDER 3,000----- | .858 | .179 | .077 | .036 | .028 | .011 | .169 | * | .000 | .009 | .000 | .011 |
| 3,000-4,999----- | .974 | .262 | .036 | .058 | .016 | .005 | .240 | .003 | .000 | .020 | .001 | .002 |
| 5,000-6,999----- | 1.020 | .260 | .059 | .045 | .018 | .007 | .222 | .001 | .000 | .010 | * | .006 |
| 7,000-9,999----- | 1.113 | .284 | .031 | .095 | .020 | .010 | .213 | .003 | .000 | .020 | .000 | .003 |
| 10,000 AND OVER---- | 1.231 | .316 | .026 | .147 | .018 | .020 | .209 | .003 | .000 | .021 | .002 | .006 |

PERCENT OF HOUSEHOLDS USING IN A WEEK

| | | | | | | | | | | | | |
|----------------|-------|------|------|------|------|------|-------|-----|----|------|-----|-----|
| ALL HOUSEHOLDS | | | | | | | | | | | | |
| SPRING----- | 99.4 | 95.4 | 22.8 | 49.1 | 11.4 | 11.4 | 94.8 | 2.8 | .0 | 17.3 | .6 | 4.9 |
| SUMMER----- | 100.0 | 90.3 | 10.7 | 37.9 | 2.9 | 9.7 | 90.3 | 1.9 | .0 | 15.5 | 1.0 | 5.8 |
| FALL----- | 99.0 | 87.6 | 25.8 | 43.3 | 10.3 | 13.4 | 92.8 | 2.1 | .0 | 12.4 | .0 | 7.2 |
| WINTER----- | 100.0 | 93.5 | 31.5 | 51.9 | 15.7 | 14.8 | 100.0 | .9 | .0 | 18.5 | .0 | 4.6 |

* SEE NOTES FOLLOWING WEST, TABLE 18.

YEAR BY SEASON 1965-1966 AND BY INCOME



| SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 (1) | DARK GREEN ‡ | | | | | DEEP YELLOW ‡ | | | | | TOMATOES ‡ | | |
|--|------------------------|-------------------------|--------------|-------------------------|--------------|------------------------|-------------------------|--------------|-------------------------|--------------|------------------------|-------------------------|--------------|
| | TOTAL ‡ (14) | CANNED | | FROZEN | | TOTAL ‡ (19) | CANNED | | FROZEN | | TOTAL ‡ (24) | CANNED | |
| | | COMMER- CIAL (15) | HOME (16) | COMMER- CIAL (17) | HOME (18) | | COMMER- CIAL (20) | HOME (21) | COMMER- CIAL (22) | HOME (23) | | COMMER- CIAL (25) | HOME (26) |

QUANTITY PER PERSON PER WEEK (POUNDS)

| | | | | | | | | | | | | | |
|-----------------------|------|------|------|------|------|------|------|------|------|------|-------|------|------|
| ALL HOUSEHOLDS, YEAR- | .116 | .013 | .002 | .034 | .004 | .300 | .054 | .003 | .005 | .001 | .932 | .511 | .107 |
| SPRING----- | .111 | .010 | .001 | .030 | .008 | .203 | .053 | .005 | .004 | .001 | .784 | .487 | .112 |
| SUMMER----- | .118 | .005 | .000 | .029 | .000 | .191 | .044 | .005 | .005 | .000 | 1.270 | .537 | .026 |
| FALL----- | .140 | .018 | .000 | .052 | .003 | .522 | .067 | .000 | .014 | .000 | .801 | .444 | .123 |
| WINTER----- | .099 | .019 | .005 | .030 | .004 | .322 | .054 | .000 | .000 | .004 | .863 | .565 | .166 |
| UNDER 3,000----- | .077 | .002 | .000 | .005 | * | .352 | .043 | .005 | .006 | .005 | .759 | .320 | .169 |
| 3,000-4,999----- | .113 | .023 | .000 | .033 | .003 | .269 | .082 | .003 | .001 | .000 | .694 | .465 | .090 |
| 5,000-6,999----- | .085 | .016 | .004 | .013 | .003 | .309 | .045 | .004 | .004 | .002 | .958 | .540 | .125 |
| 7,000-9,999----- | .135 | * | .000 | .049 | .003 | .305 | .040 | .000 | .007 | .000 | .960 | .522 | .081 |
| 10,000 AND OVER--- | .183 | .023 | .002 | .079 | .012 | .305 | .063 | .000 | .012 | .002 | 1.041 | .597 | .110 |

MONEY VALUE PER PERSON PER WEEK (DOLLARS)

| | | | | | | | | | | | | | |
|-----------------------|------|------|------|------|------|------|------|------|------|------|------|------|------|
| ALL HOUSEHOLDS, YEAR- | .042 | .003 | * | .012 | .001 | .048 | .012 | * | .002 | * | .208 | .109 | .019 |
| SPRING----- | .037 | .002 | * | .011 | .002 | .036 | .011 | .001 | .001 | * | .185 | .102 | .020 |
| SUMMER----- | .046 | .002 | .000 | .010 | .000 | .032 | .010 | .001 | .001 | .000 | .278 | .113 | .004 |
| FALL----- | .052 | .004 | .000 | .019 | .001 | .080 | .016 | .000 | .004 | .000 | .178 | .092 | .022 |
| WINTER----- | .037 | .004 | .001 | .010 | .002 | .049 | .010 | .000 | .000 | .001 | .190 | .125 | .029 |
| UNDER 3,000----- | .029 | .001 | .000 | .003 | * | .053 | .008 | .001 | .002 | .002 | .161 | .062 | .032 |
| 3,000-4,999----- | .042 | .004 | .000 | .013 | .001 | .042 | .015 | .001 | * | .000 | .192 | .098 | .016 |
| 5,000-6,999----- | .029 | .003 | .001 | .004 | .001 | .048 | .010 | .001 | .001 | .001 | .213 | .116 | .021 |
| 7,000-9,999----- | .048 | * | .000 | .016 | .001 | .051 | .009 | .000 | .002 | .000 | .222 | .115 | .015 |
| 10,000 AND OVER--- | .071 | .008 | * | .029 | .003 | .050 | .014 | .000 | .003 | .001 | .235 | .124 | .018 |

PERCENT OF HOUSEHOLDS USING IN A WEEK

| | | | | | | | | | | | | | |
|----------------|------|-----|----|------|-----|------|------|-----|-----|-----|------|------|------|
| ALL HOUSEHOLDS | | | | | | | | | | | | | |
| SPRING----- | 39.8 | 4.0 | .3 | 12.3 | 2.5 | 56.8 | 14.8 | .9 | 1.9 | .6 | 88.0 | 77.8 | 13.0 |
| SUMMER----- | 47.6 | 3.9 | .0 | 7.8 | .0 | 49.5 | 14.6 | 1.0 | 1.9 | .0 | 92.2 | 74.8 | 3.9 |
| FALL----- | 43.3 | 6.2 | .0 | 20.6 | 2.1 | 64.9 | 14.4 | .0 | 5.2 | .0 | 86.6 | 73.2 | 14.4 |
| WINTER----- | 43.5 | 5.6 | .9 | 13.9 | 2.8 | 64.8 | 13.9 | .0 | .0 | 1.9 | 90.7 | 82.4 | 18.5 |

* SEE NOTES FOLLOWING WEST, TABLE 18.



TABLE 15.--VEGETABLES (FRESH, PROCESSED)
--CONTINUED

NORTHEAST

RURAL NONFARM

| SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 (1) | OTHER * | | | | | | SOUP, MIXTURES | | | | | |
|--|------------------------|-----------------------------|------------------|-----------------------------|------------------|-------------------|------------------------|-----------------------------|------------------|-----------------------------|------------------|-------------------|
| | TOTAL # (27) | CANNED | | FROZEN | | DRIED (32) | TOTAL # (33) | CANNED | | FROZEN | | DRIED (38) |
| | | COMMER- CIAL (28) | HOME (29) | COMMER- CIAL (30) | HOME (31) | | | COMMER- CIAL (34) | HOME (35) | COMMER- CIAL (36) | HOME (37) | |

QUANTITY PER PERSON PER WEEK (POUNDS)

| | | | | | | | | | | | | |
|-----------------------|-------|------|------|------|------|------|------|------|------|------|------|------|
| ALL HOUSEHOLDS, YEAR- | 2.594 | .584 | .103 | .118 | .045 | * | .116 | .106 | .000 | .003 | .000 | .001 |
| SPRING----- | 2.104 | .576 | .097 | .140 | .052 | * | .101 | .093 | .000 | .003 | .000 | .002 |
| SUMMER----- | 3.885 | .410 | .067 | .077 | .014 | * | .091 | .086 | .000 | .000 | .000 | * |
| FALL----- | 2.210 | .700 | .129 | .107 | .052 | * | .168 | .155 | .000 | .005 | .000 | .001 |
| WINTER----- | 2.181 | .662 | .123 | .143 | .061 | * | .113 | .100 | .000 | .004 | .000 | .002 |
| UNDER 3,000----- | 2.311 | .402 | .215 | .058 | .069 | .000 | .137 | .137 | .000 | .000 | .000 | .000 |
| 3,000-4,999----- | 2.259 | .553 | .086 | .064 | .043 | * | .117 | .115 | .000 | .001 | .000 | .001 |
| 5,000-6,999----- | 2.483 | .532 | .151 | .092 | .040 | * | .114 | .109 | .000 | * | .000 | * |
| 7,000-9,999----- | 2.680 | .678 | .062 | .146 | .057 | .001 | .100 | .076 | .000 | .007 | .000 | .002 |
| 10,000 AND OVER---- | 2.965 | .618 | .032 | .234 | .034 | .001 | .137 | .125 | .000 | .006 | .000 | .005 |

MONEY VALUE PER PERSON PER WEEK (DOLLARS)

| | | | | | | | | | | | | |
|-----------------------|------|------|------|------|------|------|------|------|------|------|------|------|
| ALL HOUSEHOLDS, YEAR- | .508 | .119 | .024 | .042 | .016 | .001 | .035 | .027 | .000 | .002 | .000 | .002 |
| SPRING----- | .469 | .117 | .021 | .050 | .018 | * | .031 | .025 | .000 | .001 | .000 | .002 |
| SUMMER----- | .639 | .077 | .017 | .027 | .005 | * | .026 | .022 | .000 | .000 | .000 | .001 |
| FALL----- | .460 | .147 | .031 | .040 | .018 | .001 | .051 | .039 | .000 | .004 | .000 | .002 |
| WINTER----- | .462 | .136 | .028 | .050 | .021 | .001 | .034 | .026 | .000 | .003 | .000 | .003 |
| UNDER 3,000----- | .416 | .078 | .045 | .022 | .026 | .000 | .030 | .030 | .000 | .000 | .000 | .000 |
| 3,000-4,999----- | .426 | .113 | .019 | .023 | .015 | * | .032 | .029 | .000 | .001 | .000 | .001 |
| 5,000-6,999----- | .476 | .101 | .036 | .029 | .014 | * | .031 | .029 | .000 | * | .000 | .001 |
| 7,000-9,999----- | .543 | .138 | .016 | .053 | .019 | .001 | .037 | .020 | .000 | .004 | .000 | .004 |
| 10,000 AND OVER---- | .622 | .134 | .007 | .088 | .012 | .002 | .046 | .033 | .000 | .005 | .000 | .007 |

PERCENT OF HOUSEHOLDS USING IN A WEEK

| | | | | | | | | | | | | |
|----------------|-------|------|------|------|------|-----|------|------|----|-----|----|-----|
| ALL HOUSEHOLDS | | | | | | | | | | | | |
| SPRING----- | 98.5 | 75.3 | 15.1 | 37.0 | 9.6 | 1.2 | 31.8 | 26.9 | .0 | .9 | .0 | 3.1 |
| SUMMER----- | 99.0 | 53.4 | 10.7 | 22.3 | 2.9 | 1.9 | 28.2 | 25.2 | .0 | .0 | .0 | 1.9 |
| FALL----- | 97.9 | 71.1 | 15.5 | 27.8 | 10.3 | 5.2 | 48.5 | 42.3 | .0 | 5.2 | .0 | 4.1 |
| WINTER----- | 100.0 | 75.0 | 21.3 | 38.0 | 13.9 | 2.8 | 37.0 | 28.7 | .0 | 2.8 | .0 | 4.6 |

* SEE NOTES FOLLOWING WEST, TABLE 18.

YEAR BY SEASON 1965-1966 AND BY INCOME



TABLE 15.--VEGETABLE PRODUCTION BY SEASON
TABLE 15.--VEGETABLES (FRESH, PROCESSED)
ALL SOURCES

NORTHEAST

RURAL FARM

| SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 | ALL VEGETABLES | | | | | | POTATOES † | | | | | |
|---|----------------|-----------------|------|-----------------|------|-------|--|-----------------|------|-----------------|------|-------|
| | TOTAL ‡ | CANNED | | FROZEN | | DRIED | TOTAL (FRESH EQUIV- ALENT) ‡ | CANNED | | FROZEN | | DRIED |
| | | COMMER- CIAL | HOME | COMMER- CIAL | HOME | | | COMMER- CIAL | HOME | COMMER- CIAL | HOME | |
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) | (13) |

QUANTITY PER PERSON PER WEEK (POUNDS)

| | | | | | | | | | | | | |
|-----------------------|--------|-------|------|------|------|------|-------|------|------|------|------|------|
| ALL HOUSEHOLDS, YEAR- | 7.786 | .729 | .580 | .130 | .263 | .006 | 3.287 | .005 | .000 | .027 | .015 | .004 |
| SPRING----- | 6.045 | .828 | .522 | .185 | .295 | .007 | 3.117 | .003 | .000 | .043 | .000 | .006 |
| SUMMER----- | 10.434 | .557 | .389 | .045 | .112 | .004 | 3.339 | .008 | .000 | .012 | .035 | .002 |
| FALL----- | 7.180 | .763 | .514 | .147 | .377 | .010 | 3.013 | .008 | .000 | .015 | .000 | .008 |
| WINTER----- | 6.644 | .822 | .930 | .169 | .323 | .003 | 3.620 | .000 | .000 | .042 | .017 | .002 |
| UNDER 3,000----- | 12.030 | .580 | .674 | .047 | .518 | .000 | 4.610 | .000 | .000 | .000 | .119 | .000 |
| 3,000-4,999----- | 6.649 | .631 | .841 | .101 | .219 | .004 | 2.562 | .000 | .000 | .025 | .000 | .004 |
| 5,000-6,999----- | 7.418 | .716 | .555 | .080 | .242 | .009 | 3.397 | .008 | .000 | .010 | .000 | .007 |
| 7,000-9,999----- | 6.577 | .725 | .503 | .201 | .258 | .007 | 3.266 | .009 | .000 | .057 | .000 | .004 |
| 10,000 AND OVER---- | 9.328 | 1.095 | .254 | .233 | .129 | .003 | 2.895 | .005 | .000 | .049 | .000 | .002 |

MONEY VALUE PER PERSON PER WEEK (DOLLARS)

| | | | | | | | | | | | | |
|-----------------------|-------|------|------|------|------|------|------|------|------|------|------|------|
| ALL HOUSEHOLDS, YEAR- | 1.186 | .154 | .123 | .043 | .086 | .006 | .251 | .001 | .000 | .008 | .003 | .003 |
| SPRING----- | 1.026 | .174 | .118 | .065 | .097 | .008 | .278 | .001 | .000 | .012 | .000 | .004 |
| SUMMER----- | 1.633 | .116 | .095 | .016 | .034 | .005 | .306 | .001 | .000 | .004 | .009 | .002 |
| FALL----- | 1.058 | .163 | .104 | .047 | .126 | .008 | .199 | .002 | .000 | .004 | .000 | .005 |
| WINTER----- | .889 | .177 | .180 | .052 | .108 | .003 | .201 | .000 | .000 | .010 | .001 | .002 |
| UNDER 3,000----- | 1.760 | .123 | .170 | .019 | .154 | .000 | .354 | .000 | .000 | .000 | .025 | .000 |
| 3,000-4,999----- | 1.053 | .130 | .170 | .033 | .071 | .005 | .225 | .000 | .000 | .007 | .000 | .003 |
| 5,000-6,999----- | 1.125 | .150 | .119 | .026 | .084 | .009 | .254 | .001 | .000 | .003 | .000 | .005 |
| 7,000-9,999----- | .961 | .151 | .103 | .068 | .088 | .007 | .235 | .002 | .000 | .015 | .000 | .003 |
| 10,000 AND OVER---- | 1.482 | .255 | .049 | .075 | .045 | .004 | .207 | .001 | .000 | .013 | .000 | .002 |

PERCENT OF HOUSEHOLDS USING IN A WEEK

| | | | | | | | | | | | | |
|----------------|-------|------|------|------|------|------|-------|-----|----|------|-----|-----|
| ALL HOUSEHOLDS | | | | | | | | | | | | |
| SPRING----- | 100.0 | 89.4 | 54.5 | 46.3 | 38.2 | 10.6 | 97.6 | 1.6 | .0 | 11.4 | .0 | 4.1 |
| SUMMER----- | 100.0 | 68.6 | 35.3 | 13.7 | 17.6 | 9.8 | 98.0 | 3.9 | .0 | 3.9 | 2.0 | 2.0 |
| FALL----- | 100.0 | 83.8 | 48.6 | 32.4 | 40.5 | 10.8 | 100.0 | 2.7 | .0 | 5.4 | .0 | 5.4 |
| WINTER----- | 100.0 | 90.2 | 65.9 | 36.6 | 43.9 | 7.3 | 100.0 | .0 | .0 | 17.1 | 2.4 | 2.4 |

† SEE NOTES FOLLOWING WEST, TABLE 18.

YEAR BY SEASON 1965-1966 AND BY INCOME



TABLE 15.--VEGETABLES (FRESH, PROCESSED)

NORTHEAST

RURAL FARM

--CONTINUED

ALL SOURCES

| SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 (1) | DARK GREEN * | | | | | DEEP YELLOW * | | | | | TOMATOES * | | |
|--|------------------------|-----------------------------|------------------|-----------------------------|------------------|------------------------|-----------------------------|------------------|-----------------------------|------------------|------------------------|-----------------------------|------------------|
| | TOTAL # (14) | CANNED | | FROZEN | | TOTAL # (19) | CANNED | | FROZEN | | TOTAL # (24) | CANNED | |
| | | COMMER- CIAL (15) | HOME (16) | COMMER- CIAL (17) | HOME (18) | | COMMER- CIAL (20) | HOME (21) | COMMER- CIAL (22) | HOME (23) | | COMMER- CIAL (25) | HOME (26) |

QUANTITY PER PERSON PER WEEK (POUNDS)

| | | | | | | | | | | | | | |
|-----------------------|------|------|------|------|------|------|------|------|------|------|-------|------|------|
| ALL HOUSEHOLDS, YEAR- | .144 | .019 | .008 | .011 | .011 | .410 | .039 | .022 | .008 | .024 | 1.033 | .331 | .274 |
| SPRING----- | .154 | .025 | .000 | .026 | .033 | .222 | .036 | .019 | .006 | .017 | .666 | .394 | .192 |
| SUMMER----- | .227 | .017 | .009 | .000 | .000 | .322 | .030 | .050 | .000 | .024 | 1.467 | .282 | .082 |
| FALL----- | .093 | .009 | .000 | .016 | .005 | .891 | .068 | .013 | .006 | .035 | .946 | .308 | .318 |
| WINTER----- | .077 | .025 | .022 | .007 | .010 | .277 | .027 | .000 | .020 | .018 | .914 | .355 | .550 |
| UNDER 3,000----- | .261 | .003 | .022 | .007 | .034 | .546 | .028 | .039 | .022 | .102 | 1.284 | .258 | .208 |
| 3,000-4,999----- | .103 | .002 | .027 | .007 | .009 | .326 | .040 | .000 | .004 | .016 | .983 | .291 | .426 |
| 5,000-6,999----- | .128 | .007 | .000 | .005 | .008 | .359 | .057 | .032 | .001 | .016 | .984 | .310 | .240 |
| 7,000-9,999----- | .090 | .037 | .000 | .011 | .011 | .407 | .006 | .033 | .009 | .006 | .845 | .390 | .290 |
| 10,000 AND OVER---- | .254 | .024 | .000 | .054 | .000 | .595 | .077 | .000 | .000 | .000 | 1.403 | .460 | .115 |

MONEY VALUE PER PERSON PER WEEK (DOLLARS)

| | | | | | | | | | | | | | |
|-----------------------|------|------|------|------|------|------|------|------|------|------|------|------|------|
| ALL HOUSEHOLDS, YEAR- | .042 | .004 | .003 | .004 | .004 | .064 | .007 | .004 | .002 | .007 | .218 | .069 | .047 |
| SPRING----- | .041 | .005 | .000 | .009 | .010 | .039 | .007 | .005 | .001 | .005 | .142 | .082 | .039 |
| SUMMER----- | .070 | .003 | .008 | .000 | .000 | .055 | .007 | .008 | .000 | .008 | .319 | .056 | .015 |
| FALL----- | .029 | .002 | .000 | .005 | .001 | .122 | .011 | .003 | .002 | .010 | .216 | .068 | .053 |
| WINTER----- | .022 | .004 | .003 | .002 | .005 | .047 | .005 | .000 | .007 | .007 | .166 | .075 | .088 |
| UNDER 3,000----- | .094 | .001 | .021 | .003 | .010 | .107 | .006 | .008 | .008 | .033 | .274 | .054 | .035 |
| 3,000-4,999----- | .022 | .001 | .004 | .002 | .002 | .048 | .007 | .000 | * | .005 | .195 | .063 | .072 |
| 5,000-6,999----- | .035 | .002 | .000 | .001 | .002 | .057 | .010 | .006 | * | .004 | .199 | .067 | .043 |
| 7,000-9,999----- | .023 | .007 | .000 | .004 | .006 | .056 | .002 | .006 | .003 | .002 | .170 | .077 | .049 |
| 10,000 AND OVER---- | .094 | .004 | .000 | .020 | .000 | .079 | .015 | .000 | .000 | .000 | .323 | .096 | .018 |

PERCENT OF HOUSEHOLDS USING IN A WEEK

| | | | | | | | | | | | | | |
|----------------|------|-----|-----|------|-----|------|------|-----|-----|-----|------|------|------|
| ALL HOUSEHOLDS | | | | | | | | | | | | | |
| SPRING----- | 41.5 | 6.5 | .0 | 11.4 | 7.3 | 57.7 | 13.0 | 4.1 | 3.3 | 4.1 | 87.0 | 78.0 | 26.0 |
| SUMMER----- | 45.1 | 3.9 | 2.0 | .0 | .0 | 52.9 | 13.7 | 7.8 | .0 | 3.9 | 88.2 | 51.0 | 7.8 |
| FALL----- | 32.4 | 5.4 | .0 | 5.4 | 2.7 | 83.8 | 16.2 | 2.7 | 2.7 | 8.1 | 91.9 | 73.0 | 29.7 |
| WINTER----- | 29.3 | 7.3 | 2.4 | 4.9 | 2.4 | 63.4 | 7.3 | .0 | 7.3 | 7.3 | 82.9 | 75.6 | 46.3 |

* SEE NOTES FOLLOWING WEST, TABLE 18.

YEAR BY SEASON 1965-1966 AND BY INCOME



TABLE 15.--VEGETABLES (FRESH, PROCESSED)
 TABLE 15.--VEGETABLES (FRESH, PROCESSED)
 --CONTINUED ALL SOURCES

NORTHEAST

KURAL FARM

| SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 (1) | OTHER * | | | | | | SOUP, MIXTURES | | | | | |
|--|------------------------|-----------------------------|------------------|-----------------------------|------------------|-------------------|------------------------|-----------------------------|------------------|-----------------------------|------------------|-------------------|
| | TOTAL * (27) | CANNED | | FROZEN | | DRIED (32) | TOTAL * (33) | CANNED | | FROZEN | | DRIED (38) |
| | | COMMER- CIAL (28) | HOME (29) | COMMER- CIAL (30) | HOME (31) | | | COMMER- CIAL (34) | HOME (35) | COMMER- CIAL (36) | HOME (37) | |

QUANTITY PER PERSON PER WEEK (POUNDS)

| | | | | | | | | | | | | |
|-----------------------|-------|------|------|------|------|------|------|------|------|------|------|------|
| ALL HOUSEHOLDS, YEAR- | 3.114 | .271 | .275 | .083 | .211 | * | .069 | .065 | .000 | .001 | .001 | .001 |
| SPRING----- | 2.120 | .294 | .311 | .111 | .234 | * | .081 | .075 | .000 | .000 | .004 | .001 |
| SUMMER----- | 5.320 | .168 | .247 | .033 | .052 | * | .054 | .052 | .000 | .000 | .000 | .001 |
| FALL----- | 2.433 | .313 | .183 | .109 | .337 | .000 | .060 | .057 | .000 | .000 | .000 | .002 |
| WINTER----- | 1.889 | .341 | .358 | .098 | .278 | .000 | .084 | .076 | .000 | .002 | .000 | .000 |
| UNDER 3,000----- | 5.338 | .163 | .405 | .018 | .262 | .000 | .128 | .128 | .000 | .000 | .000 | .000 |
| 3,000-4,999----- | 2.960 | .246 | .388 | .065 | .189 | .000 | .058 | .052 | .000 | .000 | .005 | .001 |
| 5,000-6,999----- | 2.851 | .280 | .283 | .065 | .218 | * | .055 | .054 | .000 | .000 | .000 | .001 |
| 7,000-9,999----- | 2.138 | .225 | .179 | .122 | .237 | .000 | .064 | .059 | .000 | .003 | .000 | .003 |
| 10,000 AND OVER---- | 4.254 | .464 | .139 | .130 | .123 | .000 | .066 | .066 | .000 | .000 | .000 | .000 |

MONEY VALUE PER PERSON PER WEEK (DOLLARS)

| | | | | | | | | | | | | |
|-----------------------|------|------|------|------|------|------|------|------|------|------|------|------|
| ALL HOUSEHOLDS, YEAR- | .592 | .056 | .069 | .029 | .072 | * | .019 | .017 | .000 | .001 | * | .001 |
| SPRING----- | .504 | .060 | .075 | .041 | .080 | * | .022 | .019 | .000 | .000 | .001 | .002 |
| SUMMER----- | .870 | .035 | .062 | .012 | .017 | .001 | .014 | .013 | .000 | .000 | .000 | .001 |
| FALL----- | .476 | .067 | .048 | .036 | .115 | .000 | .016 | .013 | .000 | .000 | .000 | .003 |
| WINTER----- | .428 | .070 | .088 | .031 | .094 | .000 | .026 | .022 | .000 | .002 | .000 | .000 |
| UNDER 3,000----- | .900 | .032 | .105 | .008 | .086 | .000 | .031 | .031 | .000 | .000 | .000 | .000 |
| 3,000-4,999----- | .548 | .048 | .094 | .022 | .062 | .000 | .014 | .012 | .000 | .000 | .001 | .001 |
| 5,000-6,999----- | .565 | .055 | .069 | .021 | .078 | .001 | .015 | .014 | .000 | .000 | .000 | .001 |
| 7,000-9,999----- | .458 | .050 | .048 | .044 | .079 | .000 | .020 | .014 | .000 | .002 | .000 | .003 |
| 10,000 AND OVER---- | .756 | .116 | .031 | .042 | .044 | .000 | .024 | .024 | .000 | .000 | .000 | .000 |

PERCENT OF HOUSEHOLDS USING IN A WEEK

| | | | | | | | | | | | | |
|----------------|-------|------|------|------|------|-----|------|------|----|-----|----|-----|
| ALL HOUSEHOLDS | | | | | | | | | | | | |
| SPRING----- | 98.4 | 53.7 | 43.9 | 35.8 | 38.2 | .8 | 26.8 | 22.8 | .0 | .0 | .8 | 3.3 |
| SUMMER----- | 100.0 | 35.3 | 31.4 | 13.7 | 17.6 | 2.0 | 13.7 | 13.7 | .0 | .0 | .0 | 2.0 |
| FALL----- | 100.0 | 48.6 | 32.4 | 27.0 | 40.5 | .0 | 24.3 | 18.9 | .0 | .0 | .0 | 5.4 |
| WINTER----- | 97.6 | 65.9 | 43.9 | 29.3 | 43.9 | .0 | 34.1 | 29.3 | .0 | 2.4 | .0 | .0 |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 15.--VEGETABLES (FRESH, PROCESSED)
HOME-PRODUCED

NORTHEAST

RURAL FARM

| SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 | ALL VEGETABLES | | | | | | POTATOES ‡ | | | | | |
|---|----------------|-----------------|------|-----------------|------|-------|--|-----------------|------|-----------------|------|-------|
| | TOTAL ‡ | CANNED | | FROZEN | | DRIED | TOTAL (FRESH EQUIV- ALENT) ‡ | CANNED | | FROZEN | | DRIED |
| | | COMMER- CIAL | HOME | COMMER- CIAL | HOME | | | COMMER- CIAL | HOME | COMMER- CIAL | HOME | |
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) | (13) |

QUANTITY PER PERSON PER WEEK (POUNDS)

| | | | | | | | | | | | | |
|-----------------------|-------|------|------|------|------|------|-------|------|------|------|------|------|
| ALL HOUSEHOLDS, YEAR- | 3.166 | .000 | .468 | .000 | .211 | .000 | .848 | .000 | .000 | .000 | .015 | .000 |
| SPRING----- | 1.450 | .000 | .464 | .000 | .242 | .000 | .564 | .000 | .000 | .000 | .000 | .000 |
| SUMMER----- | 6.421 | .000 | .360 | .000 | .093 | .000 | 1.528 | .000 | .000 | .000 | .035 | .000 |
| FALL----- | 2.372 | .000 | .353 | .000 | .322 | .000 | .725 | .000 | .000 | .000 | .000 | .000 |
| WINTER----- | 1.407 | .000 | .708 | .000 | .231 | .000 | .372 | .000 | .000 | .000 | .017 | .000 |
| UNDER 3,000----- | 8.306 | .000 | .551 | .000 | .445 | .000 | 2.412 | .000 | .000 | .000 | .119 | .000 |
| 3,000-4,999----- | 3.127 | .000 | .622 | .000 | .196 | .000 | .642 | .000 | .000 | .000 | .000 | .000 |
| 5,000-6,999----- | 2.245 | .000 | .437 | .000 | .192 | .000 | .629 | .000 | .000 | .000 | .000 | .000 |
| 7,000-9,999----- | 1.825 | .000 | .458 | .000 | .185 | .000 | .677 | .000 | .000 | .000 | .000 | .000 |
| 10,000 AND OVER---- | 4.084 | .000 | .244 | .000 | .100 | .000 | .729 | .000 | .000 | .000 | .000 | .000 |

MONEY VALUE PER PERSON PER WEEK (DOLLARS)

| | | | | | | | | | | | | |
|-----------------------|-------|------|------|------|------|------|------|------|------|------|------|------|
| ALL HOUSEHOLDS, YEAR- | .525 | .000 | .103 | .000 | .068 | .000 | .069 | .000 | .000 | .000 | .003 | .000 |
| SPRING----- | .281 | .000 | .105 | .000 | .078 | .000 | .051 | .000 | .000 | .000 | .000 | .000 |
| SUMMER----- | 1.003 | .000 | .091 | .000 | .027 | .000 | .128 | .000 | .000 | .000 | .009 | .000 |
| FALL----- | .414 | .000 | .075 | .000 | .108 | .000 | .058 | .000 | .000 | .000 | .000 | .000 |
| WINTER----- | .253 | .000 | .140 | .000 | .077 | .000 | .022 | .000 | .000 | .000 | .001 | .000 |
| UNDER 3,000----- | 1.278 | .000 | .149 | .000 | .128 | .000 | .206 | .000 | .000 | .000 | .025 | .000 |
| 3,000-4,999----- | .504 | .000 | .129 | .000 | .063 | .000 | .052 | .000 | .000 | .000 | .000 | .000 |
| 5,000-6,999----- | .417 | .000 | .097 | .000 | .067 | .000 | .051 | .000 | .000 | .000 | .000 | .000 |
| 7,000-9,999----- | .305 | .000 | .095 | .000 | .063 | .000 | .052 | .000 | .000 | .000 | .000 | .000 |
| 10,000 AND OVER---- | .679 | .000 | .046 | .000 | .034 | .000 | .056 | .000 | .000 | .000 | .000 | .000 |

PERCENT OF HOUSEHOLDS USING IN A WEEK

| | | | | | | | | | | | | |
|----------------|------|----|------|----|------|----|------|----|----|----|-----|----|
| ALL HOUSEHOLDS | | | | | | | | | | | | |
| SPRING----- | 67.5 | .0 | 47.2 | .0 | 34.1 | .0 | 14.6 | .0 | .0 | .0 | .0 | .0 |
| SUMMER----- | 74.5 | .0 | 35.3 | .0 | 15.7 | .0 | 29.4 | .0 | .0 | .0 | 2.0 | .0 |
| FALL----- | 75.7 | .0 | 43.2 | .0 | 32.4 | .0 | 32.4 | .0 | .0 | .0 | .0 | .0 |
| WINTER----- | 68.3 | .0 | 56.1 | .0 | 34.1 | .0 | 19.5 | .0 | .0 | .0 | 2.4 | .0 |

‡ SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 15.--VEGETABLES (FRESH, PROCESSED)
--CONTINUED

NORTHEAST

RURAL FARM

| SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 (1) | DARK GREEN * | | | | | DEEP YELLOW * | | | | | TOMATOES * | | |
|--|------------------------|-----------------------------|------------------|-----------------------------|------------------|------------------------|-----------------------------|------------------|-----------------------------|------------------|------------------------|-----------------------------|------------------|
| | TOTAL † (14) | CANNED | | FROZEN | | TOTAL † (19) | CANNED | | FROZEN | | TOTAL † (24) | CANNED | |
| | | COMMER- CIAL (15) | HOME (16) | COMMER- CIAL (17) | HOME (18) | | COMMER- CIAL (20) | HOME (21) | COMMER- CIAL (22) | HOME (23) | | COMMER- CIAL (25) | HOME (26) |

QUANTITY PER PERSON PER WEEK (POUNDS)

| | | | | | | | | | | | | | |
|------------------------|------|------|------|------|------|------|------|------|------|------|------|------|------|
| ALL HOUSEHOLDS, YEAR-- | .072 | .000 | .003 | .000 | .011 | .158 | .000 | .022 | .000 | .018 | .498 | .000 | .195 |
| SPRING----- | .055 | .000 | .000 | .000 | .031 | .033 | .000 | .015 | .000 | .017 | .192 | .000 | .170 |
| SUMMER----- | .166 | .000 | .009 | .000 | .000 | .165 | .000 | .050 | .000 | .009 | .865 | .000 | .054 |
| FALL----- | .026 | .000 | .000 | .000 | .005 | .403 | .000 | .013 | .000 | .035 | .406 | .000 | .179 |
| WINTER----- | .011 | .000 | .000 | .000 | .010 | .052 | .000 | .000 | .000 | .013 | .408 | .000 | .408 |
| UNDER 3,000----- | .235 | .000 | .022 | .000 | .034 | .343 | .000 | .031 | .000 | .054 | .870 | .000 | .114 |
| 3,000-4,999----- | .022 | .000 | .000 | .000 | .009 | .114 | .000 | .000 | .000 | .016 | .505 | .000 | .292 |
| 5,000-6,999----- | .074 | .000 | .000 | .000 | .007 | .080 | .000 | .032 | .000 | .016 | .400 | .000 | .145 |
| 7,000-9,999----- | .016 | .000 | .000 | .000 | .011 | .159 | .000 | .033 | .000 | .006 | .375 | .000 | .252 |
| 10,000 AND OVER--- | .131 | .000 | .000 | .000 | .000 | .320 | .000 | .000 | .000 | .000 | .771 | .000 | .115 |

MONEY VALUE PER PERSON PER WEEK (DOLLARS)

| | | | | | | | | | | | | | |
|------------------------|------|------|------|------|------|------|------|------|------|------|------|------|------|
| ALL HOUSEHOLDS, YEAR-- | .025 | .000 | .003 | .000 | .004 | .025 | .000 | .004 | .000 | .005 | .104 | .000 | .034 |
| SPRING----- | .013 | .000 | .000 | .000 | .009 | .009 | .000 | .004 | .000 | .005 | .039 | .000 | .034 |
| SUMMER----- | .059 | .000 | .008 | .000 | .000 | .026 | .000 | .008 | .000 | .002 | .190 | .000 | .011 |
| FALL----- | .009 | .000 | .000 | .000 | .001 | .057 | .000 | .003 | .000 | .010 | .098 | .000 | .030 |
| WINTER----- | .006 | .000 | .000 | .000 | .005 | .011 | .000 | .000 | .000 | .005 | .064 | .000 | .064 |
| UNDER 3,000----- | .087 | .000 | .021 | .000 | .010 | .059 | .000 | .006 | .000 | .016 | .190 | .000 | .021 |
| 3,000-4,999----- | .006 | .000 | .000 | .000 | .002 | .020 | .000 | .000 | .000 | .005 | .096 | .000 | .049 |
| 5,000-6,999----- | .021 | .000 | .000 | .000 | .002 | .014 | .000 | .006 | .000 | .004 | .086 | .000 | .027 |
| 7,000-9,999----- | .006 | .000 | .000 | .000 | .006 | .023 | .000 | .006 | .000 | .002 | .073 | .000 | .042 |
| 10,000 AND OVER--- | .051 | .000 | .000 | .000 | .000 | .040 | .000 | .000 | .000 | .000 | .187 | .000 | .018 |

PERCENT OF HOUSEHOLDS USING IN A WEEK

| | | | | | | | | | | | | | |
|----------------|------|----|-----|----|-----|------|----|-----|----|-----|------|----|------|
| ALL HOUSEHOLDS | | | | | | | | | | | | | |
| SPRING----- | 10.6 | .0 | .0 | .0 | 6.5 | 7.3 | .0 | 3.3 | .0 | 4.1 | 25.2 | .0 | 22.8 |
| SUMMER----- | 25.5 | .0 | 2.0 | .0 | .0 | 17.6 | .0 | 7.8 | .0 | 2.0 | 43.1 | .0 | 5.9 |
| FALL----- | 10.8 | .0 | .0 | .0 | 2.7 | 40.5 | .0 | 2.7 | .0 | 8.1 | 40.5 | .0 | 24.3 |
| WINTER----- | 4.9 | .0 | .0 | .0 | 2.4 | 9.8 | .0 | .0 | .0 | 4.9 | 34.1 | .0 | 34.1 |

* SEE NOTES FOLLOWING WEST, TABLE 18.

YEAR BY SEASON 1965-1966 AND BY INCOME

TABLE 15.--VEGETABLES (FRESH, PROCESSED)
--CONTINUED

NORTHEAST

RURAL FARM

| SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 (1) | OTHER * | | | | | | SOUP, MIXTURES | | | | | |
|--|------------------------|-----------------------------|-------------------|-----------------------------|------------------|-------------------|------------------------|-----------------------------|------------------|-----------------------------|------------------|-------------------|
| | TOTAL * (27) | CANNED | | FROZEN | | DRIED (32) | TOTAL * (33) | CANNED | | FROZEN | | DRIED (38) |
| | | COMMER- CIAL (28) | HOME . (29) | COMMER- CIAL (30) | HOME (31) | | | COMMER- CIAL (34) | HOME (35) | COMMER- CIAL (36) | HOME (37) | |

QUANTITY PER PERSON PER WEEK (POUNDS)

| | | | | | | | | | | | | |
|-----------------------|-------|------|------|------|------|------|------|------|------|------|------|------|
| ALL HOUSEHOLDS, YEAR- | 1.593 | .000 | .249 | .000 | .166 | .000 | .000 | .000 | .000 | .000 | .000 | .000 |
| SPRING----- | .607 | .000 | .279 | .000 | .187 | .000 | .000 | .000 | .000 | .000 | .000 | .000 |
| SUMMER----- | 3.704 | .000 | .247 | .000 | .049 | .000 | .000 | .000 | .000 | .000 | .000 | .000 |
| FALL----- | .812 | .000 | .161 | .000 | .282 | .000 | .000 | .000 | .000 | .000 | .000 | .000 |
| WINTER----- | .567 | .000 | .300 | .000 | .191 | .000 | .000 | .000 | .000 | .000 | .000 | .000 |
| UNDER 3,000----- | 4.471 | .000 | .384 | .000 | .237 | .000 | .000 | .000 | .000 | .000 | .000 | .000 |
| 3,000-4,999----- | 1.843 | .000 | .330 | .000 | .171 | .000 | .000 | .000 | .000 | .000 | .000 | .000 |
| 5,000-6,999----- | 1.063 | .000 | .260 | .000 | .170 | .000 | .000 | .000 | .000 | .000 | .000 | .000 |
| 7,000-9,999----- | .598 | .000 | .173 | .000 | .164 | .000 | .000 | .000 | .000 | .000 | .000 | .000 |
| 10,000 AND OVER--- | 2.133 | .000 | .128 | .000 | .095 | .000 | .000 | .000 | .000 | .000 | .000 | .000 |

MONEY VALUE PER PERSON PER WEEK (DOLLARS)

| | | | | | | | | | | | | |
|-----------------------|------|------|------|------|------|------|------|------|------|------|------|------|
| ALL HOUSEHOLDS, YEAR- | .302 | .000 | .062 | .000 | .056 | .000 | .000 | .000 | .000 | .000 | .000 | .000 |
| SPRING----- | .169 | .000 | .067 | .000 | .062 | .000 | .000 | .000 | .000 | .000 | .000 | .000 |
| SUMMER----- | .600 | .000 | .062 | .000 | .015 | .000 | .000 | .000 | .000 | .000 | .000 | .000 |
| FALL----- | .191 | .000 | .042 | .000 | .097 | .000 | .000 | .000 | .000 | .000 | .000 | .000 |
| WINTER----- | .149 | .000 | .075 | .000 | .065 | .000 | .000 | .000 | .000 | .000 | .000 | .000 |
| UNDER 3,000----- | .736 | .000 | .100 | .000 | .077 | .000 | .000 | .000 | .000 | .000 | .000 | .000 |
| 3,000-4,999----- | .331 | .000 | .080 | .000 | .056 | .000 | .000 | .000 | .000 | .000 | .000 | .000 |
| 5,000-6,999----- | .245 | .000 | .064 | .000 | .061 | .000 | .000 | .000 | .000 | .000 | .000 | .000 |
| 7,000-9,999----- | .151 | .000 | .046 | .000 | .054 | .000 | .000 | .000 | .000 | .000 | .000 | .000 |
| 10,000 AND OVER--- | .345 | .000 | .028 | .000 | .033 | .000 | .000 | .000 | .000 | .000 | .000 | .000 |

PERCENT OF HOUSEHOLDS USING IN A WEEK

| | | | | | | | | | | | | |
|----------------|------|----|------|----|------|----|----|----|----|----|----|----|
| ALL HOUSEHOLDS | | | | | | | | | | | | |
| SPRING----- | 60.2 | .0 | 35.8 | .0 | 34.1 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| SUMMER----- | 62.7 | .0 | 31.4 | .0 | 15.7 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| FALL----- | 67.6 | .0 | 27.0 | .0 | 32.4 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| WINTER----- | 56.1 | .0 | 39.0 | .0 | 34.1 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |

* SEE NOTES FOLLOWING WEST, TABLE 18.

YEAR BY SEASON 1965-1966 AND BY INCOME

| SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 (1) | ALL FRUIT | | | | | | CITRUS | | | | OTHER VITAMIN-C RICH * | | | |
|--|------------|----------------------------|------------------|----------------------------|-----------------|------------------|---|----------------------------|------------------|-----------------------------|------------------------|------------------------|-----------------------------|------------------|
| | TOTAL * | CANNED | | FROZEN | | DRIED (7) | TOTAL (JUICE EQUIV- ALENT) * (8) | CANNED | | FROZEN | | TOTAL * (13) | FROZEN | |
| | | COMMER- CIAL (3) | HOME . (4) | COMMER- CIAL (5) | HOME (6) | | | COMMER- CIAL (9) | HOME (10) | COMMER- CIAL (11) | HOME (12) | | COMMER- CIAL (14) | HOME (15) |
| | | | | | | | | | | | | | | |
| (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) | (13) | (14) | (15) | |

QUANTITY PER PERSON PER WEEK (POUNDS)

| | | | | | | | | | | | | | | |
|-----------------------|-------|-------|------|------|------|------|-------|------|------|------|------|------|------|------|
| ALL HOUSEHOLDS, YEAR- | 4.206 | .999 | .045 | .180 | .017 | .027 | 1.523 | .317 | .000 | .156 | .000 | .189 | .007 | .006 |
| SPRING----- | 4.192 | 1.047 | .049 | .171 | .021 | .024 | 1.552 | .337 | .000 | .142 | .000 | .229 | .009 | .008 |
| SUMMER----- | 4.496 | .858 | .027 | .158 | .008 | .021 | 1.272 | .336 | .000 | .141 | .000 | .466 | .005 | .003 |
| FALL----- | 4.102 | 1.044 | .054 | .193 | .014 | .035 | 1.515 | .278 | .000 | .167 | .000 | .057 | .009 | .004 |
| WINTER----- | 4.052 | 1.043 | .051 | .198 | .023 | .028 | 1.761 | .316 | .000 | .172 | .000 | .016 | .006 | .008 |
| UNDER 1,000----- | 4.023 | .753 | .274 | .044 | .017 | .020 | .934 | .291 | .000 | .044 | .000 | .186 | .000 | .007 |
| 1,000-1,999----- | 3.813 | .943 | .124 | .105 | .054 | .023 | 1.169 | .297 | .000 | .085 | .000 | .208 | .006 | .013 |
| 2,000-2,999----- | 3.656 | .753 | .048 | .095 | .023 | .011 | 1.144 | .199 | .000 | .084 | .000 | .092 | .000 | .010 |
| 3,000-3,999----- | 3.723 | .872 | .053 | .082 | .012 | .023 | 1.144 | .292 | .000 | .070 | .000 | .109 | .008 | .001 |
| 4,000-4,999----- | 3.786 | .924 | .047 | .101 | .014 | .014 | 1.175 | .306 | .000 | .081 | .000 | .118 | .006 | .006 |
| 5,000-5,999----- | 3.917 | .947 | .058 | .114 | .012 | .037 | 1.301 | .322 | .000 | .098 | .000 | .142 | .005 | .001 |
| 6,000-6,999----- | 4.169 | .965 | .051 | .175 | .020 | .028 | 1.499 | .291 | .000 | .150 | .000 | .183 | .005 | .012 |
| 7,000-7,999----- | 3.968 | .941 | .034 | .187 | .019 | .020 | 1.457 | .273 | .000 | .165 | .000 | .144 | .006 | .007 |
| 8,000-8,999----- | 4.400 | 1.080 | .022 | .276 | .023 | .020 | 1.842 | .328 | .000 | .243 | .000 | .161 | .011 | .005 |
| 9,000-9,999----- | 4.653 | 1.216 | .025 | .259 | .008 | .062 | 1.821 | .372 | .000 | .223 | .000 | .246 | .019 | .005 |
| 10,000-14,999----- | 4.719 | 1.179 | .022 | .302 | .009 | .023 | 2.027 | .386 | .000 | .272 | .000 | .259 | .008 | .004 |
| 15,000 AND OVER---- | 6.470 | 1.509 | .005 | .382 | .030 | .039 | 2.452 | .421 | .000 | .306 | .000 | .676 | .006 | .002 |

MONEY VALUE PER PERSON PER WEEK (DOLLARS)

| | | | | | | | | | | | | | | |
|-----------------------|-------|------|------|------|------|------|------|------|------|------|------|------|------|------|
| ALL HOUSEHOLDS, YEAR- | .696 | .185 | .011 | .076 | .007 | .010 | .252 | .047 | .000 | .066 | .000 | .038 | .003 | .003 |
| SPRING----- | .735 | .207 | .012 | .078 | .008 | .010 | .274 | .055 | .000 | .066 | .000 | .064 | .004 | .004 |
| SUMMER----- | .729 | .152 | .006 | .066 | .003 | .007 | .205 | .048 | .000 | .060 | .000 | .069 | .002 | .001 |
| FALL----- | .651 | .185 | .013 | .078 | .006 | .013 | .232 | .040 | .000 | .066 | .000 | .013 | .004 | .002 |
| WINTER----- | .668 | .194 | .012 | .081 | .009 | .012 | .292 | .044 | .000 | .070 | .000 | .008 | .003 | .004 |
| UNDER 1,000----- | .633 | .141 | .063 | .021 | .005 | .008 | .161 | .041 | .000 | .021 | .000 | .029 | .000 | .003 |
| 1,000-1,999----- | .648 | .203 | .030 | .043 | .017 | .009 | .205 | .053 | .000 | .037 | .000 | .043 | .002 | .007 |
| 2,000-2,999----- | .565 | .152 | .013 | .039 | .008 | .005 | .206 | .031 | .000 | .035 | .000 | .022 | .000 | .005 |
| 3,000-3,999----- | .601 | .167 | .012 | .036 | .004 | .010 | .198 | .043 | .000 | .032 | .000 | .030 | .003 | .001 |
| 4,000-4,999----- | .584 | .172 | .012 | .042 | .006 | .006 | .202 | .044 | .000 | .033 | .000 | .027 | .003 | .003 |
| 5,000-5,999----- | .649 | .177 | .013 | .047 | .005 | .014 | .224 | .049 | .000 | .041 | .000 | .027 | .003 | * |
| 6,000-6,999----- | .689 | .181 | .012 | .070 | .009 | .012 | .246 | .045 | .000 | .059 | .000 | .036 | .003 | .006 |
| 7,000-7,999----- | .661 | .178 | .008 | .076 | .007 | .007 | .243 | .045 | .000 | .067 | .000 | .032 | .003 | .003 |
| 8,000-8,999----- | .766 | .200 | .005 | .116 | .009 | .009 | .287 | .047 | .000 | .102 | .000 | .039 | .006 | .003 |
| 9,000-9,999----- | .779 | .210 | .006 | .111 | .004 | .017 | .293 | .051 | .000 | .095 | .000 | .048 | .009 | .002 |
| 10,000-14,999----- | .802 | .201 | .005 | .132 | .004 | .010 | .313 | .051 | .000 | .120 | .000 | .050 | .004 | .002 |
| 15,000 AND OVER---- | 1.104 | .262 | .001 | .169 | .011 | .019 | .389 | .055 | .000 | .139 | .000 | .110 | .002 | .001 |

PERCENT OF HOUSEHOLDS USING IN A WEEK

| | | | | | | | | | | | | | | |
|----------------|------|------|-----|------|-----|------|------|------|----|------|----|------|-----|-----|
| ALL HOUSEHOLDS | | | | | | | | | | | | | | |
| SPRING----- | 97.3 | 72.6 | 4.9 | 33.0 | 2.8 | 10.5 | 82.6 | 30.5 | .0 | 29.7 | .0 | 25.4 | 2.9 | 1.1 |
| SUMMER----- | 96.7 | 61.1 | 2.7 | 35.2 | 1.3 | 7.6 | 78.1 | 30.5 | .0 | 32.7 | .0 | 31.5 | 1.5 | .7 |
| FALL----- | 98.0 | 70.2 | 5.1 | 34.2 | 2.6 | 11.1 | 82.6 | 24.5 | .0 | 31.8 | .0 | 7.2 | 3.0 | .8 |
| WINTER----- | 97.9 | 72.8 | 5.1 | 32.2 | 3.2 | 13.0 | 88.3 | 28.0 | .0 | 30.4 | .0 | 3.9 | 2.0 | 1.4 |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 16.--FRUIT (FRESH, PROCESSED)
--CONTINUED

NORTHEAST

ALL ORGANIZATIONS

| SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 (1) | OTHER | | | | | | MIX- TURES (22) |
|--|------------------------|-----------------------------|-------------------|-----------------------------|------------------|-------------------|---------------------------|
| | TOTAL # (16) | CANNED | | FROZEN | | DRIED (21) | |
| | | COMMER- CIAL (17) | HOME . (18) | COMMER- CIAL (19) | HOME (20) | | |
| QUANTITY PER PERSON PER WEEK (POUNDS) | | | | | | | |
| ALL HOUSEHOLDS, YEAR- | 2.485 | .680 | .045 | .017 | .011 | .027 | .002 |
| SPRING----- | 2.349 | .706 | .049 | .020 | .012 | .024 | .003 |
| SUMMER----- | 2.931 | .520 | .027 | .012 | .005 | .021 | .002 |
| FALL----- | 2.561 | .765 | .052 | .017 | .010 | .035 | .001 |
| WINTER----- | 2.116 | .724 | .051 | .019 | .015 | .028 | .003 |
| UNDER 1,000----- | 2.675 | .461 | .274 | .000 | .010 | .020 | .002 |
| 1,000-1,999----- | 2.318 | .645 | .123 | .014 | .041 | .023 | .000 |
| 2,000-2,999----- | 2.315 | .554 | .048 | .011 | .013 | .011 | * |
| 3,000-3,999----- | 2.295 | .578 | .053 | .004 | .011 | .023 | .003 |
| 4,000-4,999----- | 2.293 | .616 | .047 | .014 | .008 | .014 | .002 |
| 5,000-5,999----- | 2.331 | .621 | .058 | .011 | .011 | .037 | .004 |
| 6,000-6,999----- | 2.438 | .670 | .051 | .020 | .008 | .028 | .003 |
| 7,000-7,999----- | 2.369 | .666 | .034 | .016 | .012 | .020 | .003 |
| 8,000-8,999----- | 2.612 | .747 | .022 | .022 | .017 | .020 | .006 |
| 9,000-9,999----- | 2.746 | .842 | .025 | .017 | .004 | .062 | .001 |
| 10,000-14,999----- | 2.702 | .792 | .022 | .022 | .005 | .023 | * |
| 15,000 AND OVER---- | 3.646 | 1.087 | .005 | .068 | .028 | .039 | .000 |
| MONEY VALUE PER PERSON PER WEEK (DOLLARS) | | | | | | | |
| ALL HOUSEHOLDS, YEAR- | .405 | .137 | .011 | .007 | .004 | .010 | .001 |
| SPRING----- | .396 | .150 | .012 | .008 | .004 | .010 | .001 |
| SUMMER----- | .455 | .104 | .006 | .005 | .002 | .007 | .001 |
| FALL----- | .405 | .145 | .012 | .007 | .004 | .013 | .001 |
| WINTER----- | .367 | .148 | .012 | .008 | .005 | .012 | .001 |
| UNDER 1,000----- | .442 | .100 | .063 | .000 | .003 | .008 | .001 |
| 1,000-1,999----- | .399 | .150 | .030 | .004 | .011 | .009 | .000 |
| 2,000-2,999----- | .336 | .121 | .013 | .003 | .003 | .005 | * |
| 3,000-3,999----- | .373 | .123 | .012 | .002 | .003 | .010 | .001 |
| 4,000-4,999----- | .354 | .127 | .012 | .006 | .003 | .006 | .001 |
| 5,000-5,999----- | .396 | .127 | .013 | .004 | .005 | .014 | .001 |
| 6,000-6,999----- | .406 | .136 | .012 | .008 | .003 | .012 | .001 |
| 7,000-7,999----- | .384 | .132 | .008 | .006 | .004 | .007 | .001 |
| 8,000-8,999----- | .438 | .152 | .005 | .009 | .006 | .009 | .002 |
| 9,000-9,999----- | .437 | .159 | .006 | .007 | .002 | .017 | * |
| 10,000-14,999----- | .439 | .150 | .005 | .008 | .002 | .010 | * |
| 15,000 AND OVER---- | .604 | .208 | .001 | .028 | .010 | .019 | .000 |
| PERCENT OF HOUSEHOLDS USING IN A WEEK | | | | | | | |
| ALL HOUSEHOLDS | | | | | | | |
| SPRING----- | 92.0 | 64.3 | 4.9 | 4.7 | 2.0 | 10.5 | 1.9 |
| SUMMER----- | 92.3 | 49.7 | 2.7 | 3.8 | .7 | 7.6 | 1.0 |
| FALL----- | 93.8 | 62.5 | 5.1 | 4.7 | 2.2 | 11.1 | 1.2 |
| WINTER----- | 91.9 | 63.6 | 5.1 | 5.5 | 2.4 | 13.0 | 1.9 |

* SEE NOTES FOLLOWING WEST, TABLE 18.

YEAR BY SEASON 1965-1966 AND BY INCOME

| SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 (1) | ALL FRUIT | | | | | | CITRUS | | | | OTHER VITAMIN-C RICH * | | | |
|--|------------------------|----------------------------|-----------------|----------------------------|-----------------|------------------|--|----------------------------|------------------|-----------------------------|------------------------|-------------------------|-----------------------------|------------------|
| | TOTAL \$ (2) | CANNED | | FROZEN | | DRIED (7) | TOTAL (JUICE EQUIV- ALENT) \$ (8) | CANNED | | FROZEN | | TOTAL \$ (13) | FROZEN | |
| | | COMMER- CIAL (3) | HOME (4) | COMMER- CIAL (5) | HOME (6) | | | COMMER- CIAL (9) | HOME (10) | COMMER- CIAL (11) | HOME (12) | | COMMER- CIAL (14) | HOME (15) |
| QUANTITY PER PERSON PER WEEK (POUNDS) | | | | | | | | | | | | | | |
| ALL HOUSEHOLDS, YEAR- | 4.301 | 1.041 | .019 | .187 | .005 | .027 | 1.640 | .338 | .000 | .165 | .000 | .178 | .036 | .002 |
| SPRING----- | 4.266 | 1.124 | .023 | .183 | .005 | .022 | 1.697 | .379 | .000 | .157 | .000 | .212 | .004 | .002 |
| SUMMER----- | 4.674 | .903 | .010 | .157 | .003 | .024 | 1.327 | .346 | .000 | .141 | .000 | .458 | .005 | .002 |
| FALL----- | 4.174 | 1.049 | .026 | .200 | .005 | .038 | 1.640 | .285 | .000 | .179 | .000 | .052 | .007 | .000 |
| WINTER----- | 4.107 | 1.081 | .016 | .206 | .007 | .023 | 1.893 | .343 | .000 | .181 | .000 | .007 | .004 | .002 |
| UNDER 1,000----- | 4.004 | .929 | .107 | .057 | .000 | .030 | 1.269 | .377 | .000 | .057 | .000 | .232 | .000 | .000 |
| 1,000-1,999----- | 3.603 | 1.057 | .059 | .126 | .000 | .022 | 1.376 | .350 | .000 | .106 | .000 | .068 | .000 | .000 |
| 2,000-2,999----- | 3.500 | .752 | .039 | .108 | .008 | .008 | 1.258 | .190 | .000 | .093 | .000 | .091 | .000 | .000 |
| 3,000-3,999----- | 3.808 | .937 | .023 | .074 | .000 | .016 | 1.209 | .311 | .000 | .060 | .000 | .074 | .011 | .000 |
| 4,000-4,999----- | 3.912 | .975 | .011 | .101 | .000 | .016 | 1.241 | .325 | .000 | .080 | .000 | .122 | .007 | .000 |
| 5,000-5,999----- | 4.098 | .983 | .013 | .124 | .002 | .040 | 1.425 | .323 | .000 | .110 | .000 | .155 | .004 | .000 |
| 6,000-6,999----- | 4.245 | .986 | .031 | .171 | .003 | .031 | 1.641 | .295 | .000 | .153 | .000 | .133 | .004 | .001 |
| 7,000-7,999----- | 4.168 | .967 | .013 | .197 | .005 | .021 | 1.630 | .311 | .000 | .176 | .000 | .117 | .004 | .001 |
| 8,000-8,999----- | 4.505 | 1.200 | .002 | .267 | .017 | .021 | 1.907 | .373 | .000 | .241 | .000 | .190 | .008 | .005 |
| 9,000-9,999----- | 4.769 | 1.239 | .023 | .255 | .006 | .067 | 1.846 | .366 | .000 | .230 | .000 | .268 | .011 | .006 |
| 10,000-14,999----- | 4.658 | 1.190 | .012 | .314 | .005 | .019 | 2.116 | .410 | .000 | .264 | .000 | .248 | .009 | .002 |
| 15,000 AND OVER---- | 7.039 | 1.571 | .000 | .425 | .025 | .043 | 2.679 | .501 | .000 | .328 | .000 | .795 | .011 | .000 |
| MONEY VALUE PER PERSON PER WEEK (DOLLARS) | | | | | | | | | | | | | | |
| ALL HOUSEHOLDS, YEAR- | .714 | .191 | .004 | .079 | .002 | .010 | .272 | .050 | .000 | .070 | .000 | .034 | .003 | .001 |
| SPRING----- | .763 | .221 | .005 | .084 | .002 | .009 | .303 | .062 | .000 | .073 | .000 | .058 | .004 | .001 |
| SUMMER----- | .750 | .159 | .002 | .066 | .001 | .008 | .213 | .049 | .000 | .060 | .000 | .064 | .002 | .001 |
| FALL----- | .660 | .186 | .006 | .080 | .002 | .013 | .252 | .041 | .000 | .071 | .000 | .011 | .004 | .000 |
| WINTER----- | .684 | .197 | .004 | .086 | .003 | .010 | .316 | .047 | .000 | .076 | .000 | .004 | .002 | .001 |
| UNDER 1,000----- | .613 | .176 | .017 | .027 | .000 | .012 | .220 | .056 | .000 | .027 | .000 | .028 | .000 | .000 |
| 1,000-1,999----- | .622 | .224 | .014 | .050 | .000 | .007 | .241 | .057 | .000 | .045 | .000 | .017 | .000 | .000 |
| 2,000-2,999----- | .574 | .150 | .011 | .043 | .002 | .004 | .227 | .030 | .000 | .038 | .000 | .019 | .000 | .000 |
| 3,000-3,999----- | .606 | .183 | .005 | .034 | .000 | .006 | .211 | .047 | .000 | .028 | .000 | .017 | .004 | .000 |
| 4,000-4,999----- | .590 | .180 | .002 | .044 | .000 | .006 | .218 | .048 | .000 | .035 | .000 | .023 | .003 | .000 |
| 5,000-5,999----- | .678 | .183 | .003 | .052 | .001 | .015 | .248 | .050 | .000 | .046 | .000 | .028 | .002 | .000 |
| 6,000-6,999----- | .708 | .187 | .007 | .069 | .001 | .013 | .274 | .044 | .000 | .060 | .000 | .026 | .003 | .001 |
| 7,000-7,999----- | .685 | .183 | .003 | .078 | .001 | .008 | .264 | .051 | .000 | .071 | .000 | .025 | .002 | * |
| 8,000-8,999----- | .798 | .218 | * | .112 | .007 | .009 | .301 | .053 | .000 | .101 | .000 | .037 | .004 | .003 |
| 9,000-9,999----- | .800 | .212 | .005 | .111 | .003 | .018 | .292 | .048 | .000 | .099 | .000 | .048 | .007 | .003 |
| 10,000-14,999----- | .802 | .200 | .003 | .141 | .002 | .008 | .326 | .052 | .000 | .128 | .000 | .049 | .005 | .001 |
| 15,000 AND OVER---- | 1.185 | .269 | .000 | .190 | .008 | .017 | .424 | .066 | .000 | .153 | .000 | .122 | .003 | .000 |
| PERCENT OF HOUSEHOLDS USING IN A WEEK | | | | | | | | | | | | | | |
| ALL HOUSEHOLDS | | | | | | | | | | | | | | |
| SPRING----- | 97.0 | 73.7 | 2.9 | 33.5 | .9 | 9.4 | 84.7 | 31.7 | .0 | 30.6 | .0 | 25.0 | 2.6 | .4 |
| SUMMER----- | 96.8 | 62.4 | 1.1 | 34.4 | .5 | 7.0 | 78.8 | 30.9 | .0 | 32.0 | .0 | 32.3 | 1.3 | .3 |
| FALL----- | 98.0 | 70.3 | 3.0 | 34.5 | 1.0 | 10.3 | 84.6 | 24.2 | .0 | 33.0 | .0 | 6.0 | 2.5 | .0 |
| WINTER----- | 97.5 | 73.0 | 2.2 | 32.4 | 1.0 | 9.6 | 89.7 | 28.4 | .0 | 30.6 | .0 | 2.2 | 1.5 | .5 |

* SEE NOTES FOLLOWING WEST, TABLE 18.

| SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 (1) | OTHER | | | | | | MIX- TURES (22) |
|--|------------|-----------------------------|------------------|-----------------------------|------------------|-------------------|---------------------------|
| | TOTAL * | CANNED | | FROZEN | | DRIED (21) | |
| | | COMMER- CIAL (17) | HOME (18) | COMMER- CIAL (19) | HOME (20) | | |
| | | | | | | | |

QUANTITY PER PERSON PER WEEK (POUNDS)

| | | | | | | | |
|-----------------------|-------|-------|------|------|------|------|------|
| ALL HOUSEHOLDS, YEAR- | 2.475 | .700 | .018 | .016 | .003 | .027 | .003 |
| SPRING----- | 2.330 | .740 | .023 | .018 | .003 | .022 | .004 |
| SUMMER----- | 3.052 | .555 | .010 | .011 | .002 | .024 | .003 |
| FALL----- | 2.491 | .763 | .025 | .014 | .005 | .038 | .001 |
| WINTER----- | 2.049 | .736 | .016 | .022 | .005 | .023 | .002 |
| UNDER 1,000----- | 2.212 | .549 | .107 | .000 | .000 | .030 | .003 |
| 1,000-1,999----- | 1.991 | .707 | .059 | .020 | .000 | .022 | .000 |
| 2,000-2,999----- | 2.044 | .562 | .039 | .014 | .008 | .008 | * |
| 3,000-3,999----- | 2.299 | .622 | .023 | .003 | .000 | .016 | .004 |
| 4,000-4,999----- | 2.339 | .648 | .011 | .014 | .000 | .016 | .001 |
| 5,000-5,999----- | 2.357 | .654 | .013 | .010 | .002 | .040 | .005 |
| 6,000-6,999----- | 2.370 | .686 | .031 | .014 | .002 | .031 | .004 |
| 7,000-7,999----- | 2.448 | .654 | .013 | .016 | .003 | .021 | .003 |
| 8,000-8,999----- | 2.663 | .823 | .002 | .018 | .012 | .021 | .003 |
| 9,000-9,999----- | 2.872 | .871 | .023 | .013 | .000 | .067 | .002 |
| 10,000-14,999----- | 2.610 | .760 | .012 | .020 | .003 | .019 | * |
| 15,000 AND OVER---- | 3.941 | 1.070 | .000 | .085 | .025 | .043 | .000 |

MONEY-VALUE PER PERSON PER WEEK (DOLLARS)

| | | | | | | | |
|-----------------------|------|------|------|------|------|------|------|
| ALL HOUSEHOLDS, YEAR- | .407 | .141 | .004 | .006 | .001 | .010 | .001 |
| SPRING----- | .400 | .158 | .005 | .007 | .001 | .009 | .001 |
| SUMMER----- | .472 | .110 | .002 | .004 | * | .008 | .001 |
| FALL----- | .397 | .144 | .006 | .005 | .002 | .013 | .001 |
| WINTER----- | .363 | .149 | .004 | .008 | .001 | .010 | .001 |
| UNDER 1,000----- | .363 | .120 | .017 | .000 | .000 | .012 | .001 |
| 1,000-1,999----- | .364 | .167 | .014 | .005 | .000 | .007 | .000 |
| 2,000-2,999----- | .328 | .119 | .011 | .004 | .002 | .004 | * |
| 3,000-3,999----- | .376 | .134 | .005 | .001 | .000 | .006 | .001 |
| 4,000-4,999----- | .349 | .132 | .002 | .006 | .000 | .006 | .001 |
| 5,000-5,999----- | .401 | .131 | .003 | .004 | .001 | .015 | .002 |
| 6,000-6,999----- | .408 | .142 | .007 | .006 | .001 | .013 | .001 |
| 7,000-7,999----- | .396 | .131 | .003 | .006 | .001 | .008 | .001 |
| 8,000-8,999----- | .459 | .165 | * | .007 | .004 | .009 | .001 |
| 9,000-9,999----- | .459 | .163 | .005 | .005 | .000 | .018 | .001 |
| 10,000-14,999----- | .428 | .148 | .003 | .008 | .001 | .008 | * |
| 15,000 AND OVER---- | .640 | .204 | .000 | .034 | .008 | .017 | .000 |

PERCENT OF HOUSEHOLDS USING IN A WEEK

| | | | | | | | |
|----------------|------|------|-----|-----|-----|------|-----|
| ALL HOUSEHOLDS | | | | | | | |
| SPRING----- | 91.7 | 64.7 | 2.9 | 4.3 | .5 | 9.4 | 1.9 |
| SUMMER----- | 92.5 | 51.3 | 1.1 | 3.2 | .3 | 7.0 | 1.1 |
| FALL----- | 94.0 | 62.7 | 3.0 | 4.0 | 1.0 | 10.3 | 1.0 |
| WINTER----- | 91.4 | 63.7 | 2.2 | 5.4 | .7 | 9.6 | 1.7 |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 16.--FRUIT (FRESH, PROCESSED)

NORTHEAST

RURAL NONFARM

| SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 (1) | ALL FRUIT | | | | | | CITRUS | | | | OTHER VITAMIN-C RICH * | | | |
|--|------------------------|----------------------------|-----------------|----------------------------|-----------------|------------------|--|----------------------------|------------------|-----------------------------|------------------------|-------------------------|-----------------------------|------------------|
| | TOTAL \$ (2) | CANNED | | FROZEN | | DRIED (7) | TOTAL (JUICE EQUIV- ALENT) \$ (8) | CANNED | | FROZEN | | TOTAL \$ (13) | FROZEN | |
| | | COMMER- CIAL (3) | HOME (4) | COMMER- CIAL (5) | HOME (6) | | | COMMER- CIAL (9) | HOME (10) | COMMER- CIAL (11) | HOME (12) | | COMMER- CIAL (14) | HOME (15) |
| | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | |

QUANTITY PER PERSON PER WEEK (POUNDS)

| | | | | | | | | | | | | | | |
|-----------------------|-------|-------|------|------|------|------|-------|------|------|------|------|------|------|------|
| ALL HOUSEHOLDS, YEAR- | 3.864 | .893 | .098 | .160 | .039 | .026 | 1.189 | .261 | .000 | .129 | .000 | .209 | .011 | .017 |
| SPRING----- | 3.956 | .847 | .097 | .136 | .053 | .027 | 1.107 | .221 | .000 | .098 | .000 | .277 | .012 | .023 |
| SUMMER----- | 3.855 | .765 | .054 | .165 | .006 | .010 | 1.155 | .327 | .000 | .147 | .000 | .431 | .003 | .004 |
| FALL----- | 3.782 | 1.030 | .131 | .165 | .040 | .027 | 1.050 | .251 | .000 | .119 | .000 | .074 | .017 | .016 |
| WINTER----- | 3.847 | .951 | .115 | .175 | .054 | .039 | 1.413 | .248 | .000 | .150 | .000 | .041 | .012 | .025 |
| UNDER 3,000----- | 3.762 | .758 | .150 | .042 | .057 | .023 | .711 | .221 | .000 | .039 | .000 | .086 | .003 | .038 |
| 3,000-4,999----- | 3.407 | .763 | .106 | .104 | .038 | .022 | .973 | .254 | .000 | .089 | .000 | .141 | .004 | .012 |
| 5,000-6,999----- | 3.641 | .888 | .129 | .131 | .044 | .026 | 1.069 | .310 | .000 | .101 | .000 | .198 | .008 | .018 |
| 7,000-9,999----- | 3.737 | .883 | .074 | .231 | .036 | .024 | 1.377 | .219 | .000 | .181 | .000 | .198 | .026 | .015 |
| 10,000 AND OVER---- | 4.988 | 1.190 | .040 | .258 | .020 | .036 | 1.731 | .273 | .000 | .229 | .000 | .317 | .003 | .010 |

MONEY VALUE PER PERSON PER WEEK (DOLLARS)

| | | | | | | | | | | | | | | |
|-----------------------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|
| ALL HOUSEHOLDS, YEAR- | .634 | .170 | .023 | .065 | .016 | .011 | .195 | .040 | .000 | .052 | .000 | .050 | .005 | .008 |
| SPRING----- | .655 | .170 | .023 | .059 | .021 | .011 | .196 | .037 | .000 | .044 | .000 | .076 | .005 | .011 |
| SUMMER----- | .651 | .136 | .013 | .069 | .003 | .004 | .189 | .049 | .000 | .060 | .000 | .077 | .002 | .002 |
| FALL----- | .612 | .189 | .031 | .068 | .017 | .012 | .162 | .035 | .000 | .048 | .000 | .023 | .008 | .006 |
| WINTER----- | .614 | .186 | .026 | .065 | .023 | .018 | .227 | .038 | .000 | .055 | .000 | .019 | .005 | .013 |
| UNDER 3,000----- | .540 | .163 | .038 | .021 | .023 | .010 | .131 | .040 | .000 | .020 | .000 | .029 | .001 | .019 |
| 3,000-4,999----- | .563 | .141 | .028 | .039 | .014 | .009 | .156 | .033 | .000 | .034 | .000 | .046 | .002 | .006 |
| 5,000-6,999----- | .596 | .169 | .029 | .050 | .020 | .010 | .172 | .048 | .000 | .038 | .000 | .040 | .003 | .009 |
| 7,000-9,999----- | .633 | .168 | .017 | .099 | .014 | .010 | .229 | .034 | .000 | .077 | .000 | .053 | .012 | .007 |
| 10,000 AND OVER---- | .825 | .215 | .009 | .103 | .009 | .020 | .279 | .041 | .000 | .091 | .000 | .059 | .001 | .004 |

PERCENT OF HOUSEHOLDS USING IN A WEEK

| | | | | | | | | | | | | | | |
|----------------|------|------|------|------|------|------|------|------|----|------|----|------|-----|-----|
| ALL HOUSEHOLDS | | | | | | | | | | | | | | |
| SPRING----- | 98.5 | 69.1 | 9.3 | 31.5 | 8.0 | 13.9 | 75.6 | 26.9 | .0 | 26.9 | .0 | 26.5 | 4.3 | 3.1 |
| SUMMER----- | 96.1 | 58.3 | 6.8 | 38.8 | 2.9 | 9.7 | 76.7 | 30.1 | .0 | 35.9 | .0 | 28.2 | 1.9 | 1.9 |
| FALL----- | 97.9 | 70.1 | 11.3 | 32.0 | 8.2 | 13.4 | 74.2 | 25.8 | .0 | 25.8 | .0 | 11.3 | 5.2 | 3.1 |
| WINTER----- | 99.1 | 72.2 | 13.0 | 31.5 | 10.2 | 25.0 | 84.3 | 26.9 | .0 | 29.6 | .0 | 10.2 | 3.7 | 4.6 |

* SEE NOTES FOLLOWING WEST, TABLE 18.

YEAR BY SEASON 1965-1966 AND BY INCOME

TABLE 16.--FRUIT (FRESH, PROCESSED)
--CONTINUED

NORTHEAST

RURAL NONFARM

| SEASON AND MONEY INCOME AFTER TAXES. 1964-1965 (1) | OTHER | | | | | | MIX- TURES (22) |
|--|------------------------|-----------------------------|-------------------|-----------------------------|--------------|-------------------|---------------------------|
| | TOTAL † (16) | CANNED | | FROZEN | | DRIED (21) | |
| | | COMMER- CIAL (17) | HOME . (18) | COMMER- CIAL (19) | HOME (20) | | |

QUANTITY PER PERSON PER WEEK (POUNDS)

| | | | | | | | |
|-----------------------|-------|------|------|------|------|------|------|
| ALL HOUSEHOLDS, YEAR- | 2.450 | .630 | .098 | .020 | .022 | .026 | .002 |
| SPRING----- | 2.415 | .625 | .097 | .026 | .030 | .027 | .002 |
| SUMMER----- | 2.458 | .437 | .054 | .015 | .002 | .010 | .001 |
| FALL----- | 2.755 | .777 | .131 | .029 | .024 | .027 | .002 |
| WINTER----- | 2.235 | .698 | .115 | .012 | .029 | .039 | .004 |
| UNDER 3,000----- | 2.865 | .537 | .150 | .000 | .020 | .023 | .000 |
| 3,000-4,999----- | 2.183 | .506 | .106 | .011 | .026 | .022 | .003 |
| 5,000-6,999----- | 2.354 | .577 | .129 | .022 | .027 | .026 | .001 |
| 7,000-9,999----- | 2.207 | .659 | .074 | .024 | .021 | .024 | .005 |
| 10,000 AND OVER---- | 3.029 | .917 | .040 | .026 | .010 | .036 | .000 |

MONEY VALUE PER PERSON PER WEEK (DOLLARS)

| | | | | | | | |
|-----------------------|------|------|------|------|------|------|------|
| ALL HOUSEHOLDS, YEAR- | .388 | .129 | .023 | .008 | .008 | .011 | .001 |
| SPRING----- | .383 | .133 | .023 | .009 | .010 | .011 | .001 |
| SUMMER----- | .385 | .088 | .013 | .006 | .001 | .004 | * |
| FALL----- | .426 | .153 | .031 | .012 | .009 | .012 | .001 |
| WINTER----- | .366 | .147 | .026 | .005 | .011 | .018 | .001 |
| UNDER 3,000----- | .380 | .124 | .038 | .000 | .004 | .010 | .000 |
| 3,000-4,999----- | .358 | .106 | .028 | .003 | .008 | .009 | .001 |
| 5,000-6,999----- | .384 | .120 | .029 | .009 | .011 | .010 | * |
| 7,000-9,999----- | .349 | .132 | .017 | .010 | .007 | .010 | .002 |
| 10,000 AND OVER---- | .487 | .173 | .009 | .011 | .005 | .020 | .000 |

PERCENT OF HOUSEHOLDS USING IN A WEEK

| | | | | | | | |
|----------------|------|------|------|-----|-----|------|-----|
| ALL HOUSEHOLDS | | | | | | | |
| SPRING----- | 92.6 | 63.6 | 9.3 | 6.5 | 6.2 | 13.9 | 1.9 |
| SUMMER----- | 92.2 | 45.6 | 6.8 | 5.8 | 1.0 | 9.7 | 1.0 |
| FALL----- | 92.8 | 61.9 | 11.3 | 7.2 | 6.2 | 13.4 | 2.1 |
| WINTER----- | 93.5 | 63.9 | 13.0 | 5.6 | 7.4 | 25.0 | 2.8 |

† SEE NOTES FOLLOWING WEST, TABLE 18.

YEAR BY SEASON 1965-1966 AND BY INCOME

TABLE 16.--FRUIT (FRESH, PROCESSED)

NORTHEAST

RURAL FARM

ALL SOURCES

| SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 (1) | ALL FRUIT | | | | | | CITRUS | | | | OTHER VITAMIN-C RICH * | | | |
|--|-----------------------|----------------------------|-----------------|----------------------------|-----------------|------------------|---|----------------------------|------------------|-----------------------------|------------------------|------------------------|-----------------------------|------------------|
| | TOTAL # (2) | CANNED | | FROZEN | | DRIED (7) | TOTAL (JUICE EQUIV- ALENT) # (8) | CANNED | | FROZEN | | TOTAL # (13) | FROZEN | |
| | | COMMER- CIAL (3) | HOME (4) | COMMER- CIAL (5) | HOME (6) | | | COMMER- CIAL (9) | HOME (10) | COMMER- CIAL (11) | HOME (12) | | COMMER- CIAL (14) | HOME (15) |
| | | | | | | | | | | | | | | |

QUANTITY PER PERSON PER WEEK (POUNDS)

| | | | | | | | | | | | | | | |
|-----------------------|-------|-------|------|------|------|------|-------|------|------|------|------|-------|------|------|
| ALL HOUSEHOLDS, YEAR- | 4.565 | .705 | .386 | .159 | .172 | .033 | 1.052 | .194 | .000 | .132 | .000 | .338 | .010 | .029 |
| SPRING----- | 3.815 | .636 | .446 | .139 | .211 | .035 | .979 | .201 | .000 | .114 | .000 | .384 | .004 | .062 |
| SUMMER----- | 5.261 | .462 | .244 | .112 | .146 | .013 | .821 | .149 | .000 | .103 | .000 | .750 | .006 | .018 |
| FALL----- | 4.490 | 1.028 | .334 | .224 | .128 | .027 | 1.319 | .287 | .000 | .198 | .000 | .058 | .013 | .035 |
| WINTER----- | 4.465 | .791 | .552 | .178 | .208 | .062 | 1.174 | .162 | .000 | .127 | .000 | .028 | .019 | .003 |
| UNDER 3,000----- | 7.283 | .447 | .640 | .142 | .393 | .010 | .769 | .186 | .000 | .094 | .000 | 1.299 | .026 | .036 |
| 3,000-4,999----- | 3.702 | .448 | .568 | .104 | .183 | .032 | .890 | .121 | .000 | .098 | .000 | .258 | .000 | .049 |
| 5,000-6,999----- | 4.129 | .793 | .309 | .143 | .110 | .019 | .904 | .200 | .000 | .115 | .000 | .188 | .000 | .041 |
| 7,000-9,999----- | 4.182 | .839 | .157 | .202 | .152 | .051 | 1.259 | .232 | .000 | .165 | .000 | .167 | .011 | .002 |
| 10,000 AND OVER---- | 3.699 | 1.093 | .180 | .294 | .152 | .022 | 1.808 | .339 | .000 | .288 | .000 | .186 | .005 | .020 |

MONEY VALUE PER PERSON PER WEEK (DOLLARS)

| | | | | | | | | | | | | | | |
|-----------------------|-------|------|------|------|------|------|------|------|------|------|------|------|------|------|
| ALL HOUSEHOLDS, YEAR- | .748 | .126 | .090 | .064 | .063 | .011 | .161 | .028 | .000 | .053 | .000 | .078 | .004 | .013 |
| SPRING----- | .715 | .127 | .108 | .064 | .066 | .013 | .165 | .031 | .000 | .054 | .000 | .132 | .002 | .025 |
| SUMMER----- | .840 | .102 | .056 | .047 | .052 | .004 | .140 | .027 | .000 | .043 | .000 | .128 | .003 | .008 |
| FALL----- | .687 | .128 | .079 | .078 | .053 | .011 | .160 | .035 | .000 | .068 | .000 | .025 | .005 | .017 |
| WINTER----- | .709 | .154 | .124 | .071 | .082 | .015 | .185 | .023 | .000 | .051 | .000 | .012 | .008 | .004 |
| UNDER 3,000----- | 1.149 | .085 | .148 | .048 | .120 | .003 | .100 | .022 | .000 | .030 | .000 | .232 | .010 | .016 |
| 3,000-4,999----- | .659 | .086 | .133 | .045 | .076 | .013 | .144 | .016 | .000 | .043 | .000 | .084 | .000 | .021 |
| 5,000-6,999----- | .678 | .116 | .071 | .064 | .044 | .007 | .145 | .032 | .000 | .052 | .000 | .055 | .003 | .019 |
| 7,000-9,999----- | .665 | .159 | .040 | .081 | .056 | .013 | .194 | .038 | .000 | .066 | .000 | .037 | .004 | .001 |
| 10,000 AND OVER---- | .664 | .215 | .043 | .095 | .056 | .008 | .205 | .043 | .000 | .094 | .000 | .051 | .001 | .008 |

PERCENT OF HOUSEHOLDS USING IN A WEEK

| | | | | | | | | | | | | | | |
|----------------|-------|------|------|------|------|------|------|------|----|------|----|------|-----|------|
| ALL HOUSEHOLDS | | | | | | | | | | | | | | |
| SPRING----- | 98.4 | 66.7 | 40.7 | 31.7 | 24.4 | 19.5 | 74.8 | 25.2 | .0 | 26.8 | .0 | 29.3 | 1.6 | 8.9 |
| SUMMER----- | 100.0 | 43.1 | 19.6 | 27.5 | 13.7 | 7.8 | 66.7 | 21.6 | .0 | 27.5 | .0 | 35.3 | 2.0 | 2.0 |
| FALL----- | 100.0 | 64.9 | 37.8 | 48.6 | 16.2 | 21.6 | 83.8 | 27.0 | .0 | 45.9 | .0 | 13.5 | 2.7 | 10.6 |
| WINTER----- | 97.6 | 65.9 | 46.3 | 34.1 | 22.0 | 24.4 | 73.2 | 22.0 | .0 | 29.3 | .0 | 7.3 | 4.9 | 2.4 |

* SEE NOTES FOLLOWING WEST, TABLE 18.

YEAR BY SEASON 1965-1966 AND BY INCOME

--CONTINUED

ALL SOURCES

| SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 (1) | OTHER | | | | | | MIX- TURES (22) |
|--|------------------------|-----------------------------|-------------------|-----------------------------|------------------|-------------------|---------------------------|
| | TOTAL # (16) | CANNED | | FROZEN | | DRIED (21) | |
| | | COMMER- CIAL (17) | HOME . (18) | COMMER- CIAL (19) | HOME (20) | | |
| | | | | | | | |

QUANTITY PER PERSON PER WEEK (POUNDS)

| | | | | | | | |
|------------------------|-------|------|------|------|------|------|------|
| ALL HOUSEHOLDS, YEAR-- | 3.191 | .511 | .385 | .017 | .143 | .033 | * |
| SPRING----- | 2.421 | .434 | .442 | .021 | .149 | .035 | .002 |
| SUMMER----- | 3.770 | .314 | .244 | .004 | .128 | .013 | .000 |
| FALL----- | 3.342 | .742 | .334 | .013 | .093 | .027 | .000 |
| WINTER----- | 3.058 | .629 | .552 | .031 | .200 | .062 | .000 |
| UNDER 3,000----- | 5.269 | .257 | .633 | .021 | .357 | .010 | .004 |
| 3,000-4,999----- | 2.463 | .327 | .568 | .005 | .134 | .032 | .000 |
| 5,000-6,999----- | 3.069 | .593 | .309 | .022 | .069 | .019 | .000 |
| 7,000-9,999----- | 2.853 | .606 | .157 | .026 | .150 | .051 | .000 |
| 10,000 AND OVER--- | 2.100 | .754 | .180 | .000 | .132 | .022 | .000 |

MONEY VALUE PER PERSON PER WEEK (DOLLARS)

| | | | | | | | |
|------------------------|------|------|------|------|------|------|------|
| ALL HOUSEHOLDS, YEAR-- | .509 | .098 | .090 | .007 | .050 | .011 | * |
| SPRING----- | .417 | .096 | .107 | .008 | .041 | .013 | .001 |
| SUMMER----- | .578 | .075 | .056 | .002 | .044 | .004 | .000 |
| FALL----- | .503 | .093 | .079 | .006 | .036 | .011 | .000 |
| WINTER----- | .513 | .131 | .124 | .013 | .078 | .015 | .000 |
| UNDER 3,000----- | .816 | .063 | .146 | .008 | .104 | .003 | .001 |
| 3,000-4,999----- | .432 | .069 | .133 | .002 | .054 | .013 | .000 |
| 5,000-6,999----- | .478 | .084 | .071 | .009 | .025 | .007 | .000 |
| 7,000-9,999----- | .435 | .121 | .040 | .011 | .056 | .013 | .000 |
| 10,000 AND OVER--- | .408 | .172 | .043 | .000 | .048 | .008 | .000 |

PERCENT OF HOUSEHOLDS USING IN A WEEK

| | | | | | | | |
|----------------|-------|------|------|-----|------|------|----|
| ALL HOUSEHOLDS | | | | | | | |
| SPRING----- | 95.9 | 57.7 | 40.7 | 4.9 | 20.3 | 19.5 | .8 |
| SUMMER----- | 86.3 | 31.4 | 19.6 | 2.0 | 11.8 | 7.8 | .0 |
| FALL----- | 100.0 | 59.5 | 37.8 | 8.1 | 13.5 | 21.6 | .0 |
| WINTER----- | 92.7 | 56.1 | 46.3 | 7.3 | 22.0 | 24.4 | .0 |

* SEE NOTES FOLLOWING WEST, TABLE 18.

YEAR BY SEASON 1965-1966 AND BY INCOME

HOME-PRODUCED

| SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 (1) | ALL FRUIT | | | | | | CITRUS | | | | OTHER VITAMIN-C RICH # | | | |
|--|-----------------------|----------------------------|----------------------|----------------------------|-----------------|------------------|---|----------------------------|------------------|-----------------------------|------------------------|------------------------|-----------------------------|------------------|
| | TOTAL # (2) | CANNED | | FROZEN | | DRIED (7) | TOTAL (JUICE EQUIV- ALENT) # (8) | CANNED | | FROZEN | | TOTAL # (13) | FROZEN | |
| | | COMMER- CIAL (3) | HOME - (4) | COMMER- CIAL (5) | HOME (6) | | | COMMER- CIAL (9) | HOME (10) | COMMER- CIAL (11) | HOME (12) | | COMMER- CIAL (14) | HOME (15) |
| | | | | | | | | | | | | | | |

QUANTITY PER PERSON PER WEEK (POUNDS)

| | | | | | | | | | | | | | | |
|------------------------|-------|------|------|------|------|------|------|------|------|------|------|-------|------|------|
| ALL HOUSEHOLDS, YEAR-- | .931 | .000 | .224 | .000 | .077 | * | .000 | .000 | .000 | .000 | .000 | .187 | .000 | .014 |
| SPRING----- | .517 | .000 | .177 | .000 | .096 | .001 | .000 | .000 | .000 | .000 | .000 | .177 | .000 | .015 |
| SUMMER----- | 1.790 | .000 | .188 | .000 | .083 | .000 | .000 | .000 | .000 | .000 | .000 | .459 | .000 | .018 |
| FALL----- | .689 | .000 | .227 | .000 | .035 | .000 | .000 | .000 | .000 | .000 | .000 | .016 | .000 | .016 |
| WINTER----- | .460 | .000 | .311 | .000 | .087 | .000 | .000 | .000 | .000 | .000 | .000 | .008 | .000 | .008 |
| UNDER 3,000----- | 3.767 | .000 | .310 | .000 | .167 | .002 | .000 | .000 | .000 | .000 | .000 | 1.122 | .000 | .018 |
| 3,000-4,999----- | .533 | .000 | .276 | .000 | .082 | .000 | .000 | .000 | .000 | .000 | .000 | .089 | .000 | .029 |
| 5,000-6,999----- | .663 | .000 | .219 | .000 | .061 | .000 | .000 | .000 | .000 | .000 | .000 | .080 | .000 | .034 |
| 7,000-9,999----- | .204 | .000 | .071 | .000 | .041 | .000 | .000 | .000 | .000 | .000 | .000 | .000 | .000 | .000 |
| 10,000 AND OVER--- | .708 | .000 | .151 | .000 | .121 | .000 | .000 | .000 | .000 | .000 | .000 | .053 | .000 | .000 |

MONEY VALUE PER PERSON PER WEEK (DOLLARS)

| | | | | | | | | | | | | | | |
|------------------------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|
| ALL HOUSEHOLDS, YEAR-- | .196 | .000 | .051 | .000 | .028 | * | .000 | .000 | .000 | .000 | .000 | .044 | .000 | .007 |
| SPRING----- | .155 | .000 | .045 | .000 | .028 | .001 | .000 | .000 | .000 | .000 | .000 | .072 | .000 | .006 |
| SUMMER----- | .340 | .000 | .045 | .000 | .025 | .000 | .000 | .000 | .000 | .000 | .000 | .079 | .000 | .008 |
| FALL----- | .127 | .000 | .054 | .000 | .017 | .000 | .000 | .000 | .000 | .000 | .000 | .008 | .000 | .008 |
| WINTER----- | .113 | .000 | .062 | .000 | .041 | .000 | .000 | .000 | .000 | .000 | .000 | .004 | .000 | .004 |
| UNDER 3,000----- | .652 | .000 | .078 | .000 | .040 | .001 | .000 | .000 | .000 | .000 | .000 | .189 | .000 | .008 |
| 3,000-4,999----- | .148 | .000 | .064 | .000 | .035 | .000 | .000 | .000 | .000 | .000 | .000 | .037 | .000 | .004 |
| 5,000-6,999----- | .167 | .000 | .050 | .000 | .029 | .000 | .000 | .000 | .000 | .000 | .000 | .035 | .000 | .016 |
| 7,000-9,999----- | .045 | .000 | .015 | .000 | .013 | .000 | .000 | .000 | .000 | .000 | .000 | .000 | .000 | .000 |
| 10,000 AND OVER--- | .154 | .000 | .035 | .000 | .045 | .000 | .000 | .000 | .000 | .000 | .000 | .022 | .000 | .000 |

PERCENT OF HOUSEHOLDS USING IN A WEEK

| | | | | | | | | | | | | | | |
|----------------|------|----|------|----|------|----|----|----|----|----|----|-----|----|-----|
| ALL HOUSEHOLDS | 44.7 | .0 | 21.1 | .0 | 13.0 | .8 | .0 | .0 | .0 | .0 | .0 | 9.8 | .0 | 2.4 |
| SPRING----- | 37.3 | .0 | 15.7 | .0 | 7.8 | .0 | .0 | .0 | .0 | .0 | .0 | 3.9 | .0 | 2.0 |
| SUMMER----- | 51.4 | .0 | 24.3 | .0 | 8.1 | .0 | .0 | .0 | .0 | .0 | .0 | 5.4 | .0 | 5.4 |
| FALL----- | 34.1 | .0 | 29.3 | .0 | 9.8 | .0 | .0 | .0 | .0 | .0 | .0 | 2.4 | .0 | 2.4 |
| WINTER----- | | | | | | | | | | | | | | |

* SEE NOTES FOLLOWING WEST, TABLE 18.

YEAR BY SEASON 1965-1966 AND BY INCOME

TABLE 16.--FRUIT (FRESH, PROCESSED)
--CONTINUED HOME-PRODUCED

NORTHEAST

RURAL FARM

| SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 (1) | OTHER | | | | | | MIX- TURES (22) |
|--|-------------------------|-------------------------|--------------|-------------------------|--------------|-------------------|---------------------------|
| | TOTAL \$ (16) | CANNED | | FROZEN | | DRIED (21) | |
| | | COMMER- CIAL (17) | HOME (18) | COMMER- CIAL (19) | HOME (20) | | |

QUANTITY PER PERSON PER WEEK (POUNDS)

| | | | | | | | |
|-----------------------|-------|------|------|------|------|------|------|
| ALL HOUSEHOLDS, YEAR- | .744 | .000 | .223 | .000 | .062 | * | .000 |
| SPRING----- | .339 | .000 | .173 | .000 | .081 | .001 | .000 |
| SUMMER----- | 1.332 | .000 | .188 | .000 | .065 | .000 | .000 |
| FALL----- | .673 | .000 | .227 | .000 | .019 | .000 | .000 |
| WINTER----- | .452 | .000 | .311 | .000 | .079 | .000 | .000 |
| UNDER 3,000----- | 2.645 | .000 | .303 | .000 | .149 | .002 | .000 |
| 3,000-4,999----- | .444 | .000 | .276 | .000 | .073 | .000 | .000 |
| 5,000-6,999----- | .583 | .000 | .219 | .000 | .028 | .000 | .000 |
| 7,000-9,999----- | .204 | .000 | .071 | .000 | .041 | .000 | .000 |
| 10,000 AND OVER---- | .654 | .000 | .151 | .000 | .121 | .000 | .000 |

MONEY VALUE PER PERSON PER WEEK (DOLLARS)

| | | | | | | | |
|-----------------------|------|------|------|------|------|------|------|
| ALL HOUSEHOLDS, YEAR- | .152 | .000 | .051 | .000 | .022 | * | .000 |
| SPRING----- | .083 | .000 | .044 | .000 | .022 | .001 | .000 |
| SUMMER----- | .261 | .000 | .045 | .000 | .017 | .000 | .000 |
| FALL----- | .119 | .000 | .054 | .000 | .009 | .000 | .000 |
| WINTER----- | .109 | .000 | .062 | .000 | .037 | .000 | .000 |
| UNDER 3,000----- | .463 | .000 | .076 | .000 | .031 | .001 | .000 |
| 3,000-4,999----- | .111 | .000 | .064 | .000 | .032 | .000 | .000 |
| 5,000-6,999----- | .132 | .000 | .050 | .000 | .013 | .000 | .000 |
| 7,000-9,999----- | .045 | .000 | .015 | .000 | .013 | .000 | .000 |
| 10,000 AND OVER---- | .132 | .000 | .035 | .000 | .045 | .000 | .000 |

PERCENT OF HOUSEHOLDS USING IN A WEEK

| | | | | | | | |
|----------------|------|----|------|----|------|----|----|
| ALL HOUSEHOLDS | | | | | | | |
| SPRING----- | 40.7 | .0 | 21.1 | .0 | 12.2 | .8 | .0 |
| SUMMER----- | 35.3 | .0 | 15.7 | .0 | 5.9 | .0 | .0 |
| FALL----- | 45.9 | .0 | 24.3 | .0 | 2.7 | .0 | .0 |
| WINTER----- | 34.1 | .0 | 29.3 | .0 | 9.8 | .0 | .0 |

* SEE NOTES FOLLOWING WEST, TABLE 18.

YEAR BY SEASON 1965-1966 AND BY INCOME

| SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 (1) | ENRICHED, WHOLE GRAIN | | | | | NOT ENRICHED OR WHOLE GRAIN | | | | | |
|--|---|--------------|--------------------------|--------------|---|---|--------------|--------------------------|---------------|--|--------------------------------|
| | TOTAL (FLOUR EQUIV- ALENT) + (2) | FLOUR (3) | CEREAL, PASTES (4) | BREAD (5) | OTHER BAKERY PROD- UCTS (6) | TOTAL (FLOUR EQUIV- ALENT) + (7) | FLOUR (8) | CEREAL, PASTES (9) | BREAD (10) | OTHER BAKERY PROD- UCTS (11) | SOUP, MIX- TURES (12) |
| QUANTITY PER PERSON PER WEEK (POUNDS) | | | | | | | | | | | |
| ALL HOUSEHOLDS, YEAR- | 1.829 | .283 | .675 | 1.318 | .152 | .605 | .114 | .033 | .182 | .753 | .304 |
| SPRING----- | 1.784 | .255 | .670 | 1.284 | .165 | .662 | .104 | .049 | .194 | .817 | .313 |
| SUMMER----- | 1.703 | .210 | .621 | 1.299 | .175 | .589 | .100 | .033 | .177 | .755 | .276 |
| FALL----- | 1.882 | .356 | .650 | 1.336 | .144 | .548 | .122 | .023 | .143 | .721 | .303 |
| WINTER----- | 1.944 | .311 | .756 | 1.355 | .125 | .618 | .130 | .026 | .213 | .715 | .325 |
| UNDER 1,000----- | 2.200 | .676 | .700 | 1.323 | .061 | .450 | .069 | .012 | .086 | .581 | .368 |
| 1,000-1,999----- | 1.752 | .261 | .732 | 1.170 | .098 | .487 | .106 | .023 | .146 | .549 | .261 |
| 2,000-2,999----- | 2.050 | .338 | .825 | 1.410 | .092 | .519 | .107 | .027 | .126 | .589 | .243 |
| 3,000-3,999----- | 2.155 | .384 | .839 | 1.467 | .104 | .500 | .062 | .029 | .139 | .600 | .290 |
| 4,000-4,999----- | 2.117 | .303 | .863 | 1.471 | .135 | .514 | .123 | .040 | .095 | .608 | .306 |
| 5,000-5,999----- | 1.859 | .271 | .674 | 1.408 | .133 | .580 | .100 | .042 | .163 | .690 | .340 |
| 6,000-6,999----- | 1.845 | .295 | .650 | 1.355 | .168 | .638 | .123 | .040 | .198 | .792 | .264 |
| 7,000-7,999----- | 1.705 | .279 | .622 | 1.220 | .136 | .610 | .107 | .033 | .190 | .795 | .277 |
| 8,000-8,999----- | 1.764 | .258 | .564 | 1.394 | .191 | .674 | .096 | .028 | .194 | .929 | .347 |
| 9,000-9,999----- | 1.818 | .238 | .655 | 1.379 | .177 | .695 | .205 | .039 | .205 | .814 | .292 |
| 10,000-14,999----- | 1.557 | .207 | .542 | 1.146 | .216 | .659 | .133 | .024 | .219 | .866 | .355 |
| 15,000 AND OVER---- | 1.314 | .144 | .466 | .991 | .213 | .725 | .106 | .011 | .264 | 1.008 | .373 |
| MONEY VALUE PER PERSON PER WEEK (DOLLARS) | | | | | | | | | | | |
| ALL HOUSEHOLDS, YEAR- | .613 | .035 | .218 | .293 | .066 | .573 | .035 | .010 | .055 | .356 | .116 |
| SPRING----- | .607 | .032 | .223 | .282 | .070 | .618 | .034 | .015 | .055 | .389 | .125 |
| SUMMER----- | .595 | .028 | .207 | .286 | .075 | .533 | .031 | .012 | .052 | .336 | .101 |
| FALL----- | .620 | .043 | .212 | .299 | .066 | .548 | .035 | .007 | .046 | .344 | .115 |
| WINTER----- | .632 | .039 | .232 | .307 | .055 | .593 | .041 | .007 | .066 | .354 | .124 |
| UNDER 1,000----- | .607 | .067 | .225 | .290 | .024 | .390 | .024 | .003 | .026 | .218 | .118 |
| 1,000-1,999----- | .568 | .029 | .219 | .276 | .045 | .387 | .030 | .006 | .045 | .226 | .079 |
| 2,000-2,999----- | .630 | .043 | .236 | .314 | .037 | .414 | .030 | .007 | .036 | .261 | .080 |
| 3,000-3,999----- | .630 | .047 | .223 | .316 | .044 | .443 | .019 | .006 | .040 | .269 | .107 |
| 4,000-4,999----- | .649 | .037 | .249 | .308 | .054 | .445 | .039 | .010 | .030 | .264 | .102 |
| 5,000-5,999----- | .613 | .034 | .218 | .307 | .055 | .549 | .032 | .013 | .050 | .329 | .126 |
| 6,000-6,999----- | .630 | .037 | .215 | .304 | .073 | .581 | .037 | .011 | .058 | .369 | .104 |
| 7,000-7,999----- | .582 | .036 | .210 | .273 | .063 | .607 | .033 | .014 | .057 | .395 | .106 |
| 8,000-8,999----- | .650 | .032 | .211 | .315 | .091 | .697 | .033 | .008 | .060 | .452 | .144 |
| 9,000-9,999----- | .632 | .030 | .219 | .301 | .083 | .680 | .057 | .012 | .061 | .422 | .127 |
| 10,000-14,999----- | .585 | .028 | .203 | .265 | .090 | .691 | .042 | .009 | .064 | .431 | .143 |
| 15,000 AND OVER---- | .560 | .019 | .193 | .246 | .102 | .725 | .035 | .005 | .082 | .454 | .149 |
| PERCENT OF HOUSEHOLDS USING IN A WEEK | | | | | | | | | | | |
| ALL HOUSEHOLDS | | | | | | | | | | | |
| SPRING----- | 98.9 | 51.0 | 90.4 | 91.4 | 45.7 | 95.9 | 24.6 | 16.7 | 38.2 | 90.4 | 52.5 |
| SUMMER----- | 99.6 | 48.1 | 86.9 | 94.1 | 46.0 | 93.3 | 20.2 | 14.7 | 36.9 | 87.9 | 44.1 |
| FALL----- | 99.0 | 56.6 | 89.1 | 93.4 | 41.6 | 92.8 | 23.1 | 13.9 | 35.7 | 85.6 | 49.3 |
| WINTER----- | 99.8 | 53.9 | 90.7 | 93.5 | 39.7 | 94.4 | 25.9 | 11.5 | 37.5 | 88.7 | 49.6 |

* SEE NOTES FOLLOWING WEST, TABLE 18.

YEAR BY SEASON 1965-1966 AND BY INCOME

| SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 (1) | ENRICHED, WHOLE GRAIN | | | | | NOT ENRICHED OR WHOLE GRAIN | | | | | |
|--|---|--------------|--------------------------|--------------|---|---|--------------|--------------------------|---------------|--|--------------------------------|
| | TOTAL (FLOUR EQUIV- ALENT) ‡ (2) | FLOUR (3) | CEREAL, PASTES (4) | BREAD (5) | OTHER BAKERY PROD- UCTS (6) | TOTAL (FLOUR EQUIV- ALENT) ‡ (7) | FLOUR (8) | CEREAL, PASTES (9) | BREAD (10) | OTHER BAKERY PROD- UCTS (11) | SOUP, MIX- TURES (12) |
| QUANTITY PER PERSON PER WEEK (POUNDS) | | | | | | | | | | | |
| ALL HOUSEHOLDS, YEAR- | 1.763 | .219 | .705 | 1.268 | .147 | .601 | .106 | .029 | .203 | .742 | .316 |
| SPRING----- | 1.724 | .188 | .704 | 1.243 | .160 | .677 | .105 | .050 | .216 | .818 | .324 |
| SUMMER----- | 1.663 | .162 | .655 | 1.267 | .164 | .590 | .096 | .029 | .202 | .742 | .291 |
| FALL----- | 1.843 | .311 | .687 | 1.282 | .143 | .533 | .117 | .021 | .152 | .693 | .303 |
| WINTER----- | 1.816 | .211 | .773 | 1.280 | .122 | .603 | .107 | .016 | .243 | .714 | .344 |
| UNDER 1,000----- | 1.330 | .147 | .579 | .960 | .054 | .393 | .071 | .010 | .106 | .435 | .314 |
| 1,000-1,999----- | 1.755 | .152 | .904 | 1.070 | .094 | .493 | .078 | .020 | .199 | .529 | .297 |
| 2,000-2,999----- | 2.060 | .279 | .912 | 1.379 | .094 | .532 | .094 | .022 | .129 | .611 | .273 |
| 3,000-3,999----- | 2.164 | .289 | .949 | 1.458 | .103 | .483 | .052 | .028 | .133 | .565 | .287 |
| 4,000-4,999----- | 2.100 | .233 | .921 | 1.467 | .124 | .484 | .116 | .041 | .099 | .545 | .327 |
| 5,000-5,999----- | 1.710 | .194 | .665 | 1.303 | .128 | .570 | .089 | .041 | .194 | .634 | .331 |
| 6,000-6,999----- | 1.742 | .213 | .682 | 1.267 | .168 | .641 | .106 | .033 | .222 | .815 | .302 |
| 7,000-7,999----- | 1.658 | .233 | .660 | 1.151 | .137 | .617 | .117 | .026 | .222 | .806 | .288 |
| 8,000-8,999----- | 1.640 | .178 | .565 | 1.338 | .175 | .685 | .086 | .023 | .209 | .967 | .356 |
| 9,000-9,999----- | 1.708 | .169 | .672 | 1.319 | .141 | .668 | .184 | .036 | .214 | .808 | .290 |
| 10,000-14,999----- | 1.554 | .196 | .544 | 1.161 | .215 | .660 | .136 | .016 | .238 | .902 | .363 |
| 15,000 AND OVER---- | 1.323 | .145 | .460 | 1.013 | .223 | .768 | .109 | .012 | .299 | 1.103 | .377 |
| MONEY VALUE PER PERSON PER WEEK (DOLLARS) | | | | | | | | | | | |
| ALL HOUSEHOLDS, YEAR- | .602 | .029 | .221 | .286 | .006 | .585 | .033 | .010 | .061 | .358 | .122 |
| SPRING----- | .599 | .026 | .226 | .278 | .069 | .643 | .035 | .014 | .061 | .398 | .134 |
| SUMMER----- | .587 | .023 | .211 | .281 | .072 | .543 | .029 | .012 | .060 | .335 | .107 |
| FALL----- | .612 | .038 | .217 | .290 | .066 | .539 | .034 | .007 | .049 | .333 | .116 |
| WINTER----- | .610 | .029 | .230 | .295 | .056 | .612 | .033 | .005 | .076 | .364 | .131 |
| UNDER 1,000----- | .477 | .017 | .203 | .236 | .020 | .341 | .026 | .002 | .032 | .185 | .096 |
| 1,000-1,999----- | .580 | .019 | .254 | .261 | .046 | .381 | .022 | .004 | .061 | .206 | .085 |
| 2,000-2,999----- | .637 | .037 | .253 | .307 | .039 | .432 | .027 | .006 | .036 | .272 | .091 |
| 3,000-3,999----- | .637 | .037 | .239 | .317 | .044 | .429 | .016 | .005 | .040 | .255 | .111 |
| 4,000-4,999----- | .640 | .029 | .255 | .306 | .050 | .426 | .036 | .011 | .031 | .240 | .108 |
| 5,000-5,999----- | .583 | .025 | .211 | .292 | .054 | .547 | .028 | .014 | .060 | .316 | .129 |
| 6,000-6,999----- | .617 | .030 | .219 | .291 | .077 | .625 | .034 | .010 | .065 | .394 | .122 |
| 7,000-7,999----- | .578 | .032 | .218 | .263 | .065 | .630 | .036 | .012 | .066 | .407 | .108 |
| 8,000-8,999----- | .628 | .025 | .208 | .306 | .089 | .726 | .029 | .007 | .063 | .476 | .151 |
| 9,000-9,999----- | .604 | .024 | .223 | .290 | .067 | .663 | .047 | .011 | .063 | .416 | .125 |
| 10,000-14,999----- | .587 | .027 | .201 | .269 | .090 | .716 | .042 | .009 | .070 | .441 | .150 |
| 15,000 AND OVER---- | .561 | .018 | .191 | .249 | .102 | .766 | .036 | .006 | .093 | .477 | .154 |
| PERCENT OF HOUSEHOLDS USING IN A WEEK | | | | | | | | | | | |
| ALL HOUSEHOLDS | | | | | | | | | | | |
| SPRING----- | 98.7 | 44.5 | 89.6 | 90.5 | 44.4 | 95.4 | 23.0 | 14.5 | 39.7 | 89.5 | 53.1 |
| SUMMER----- | 99.5 | 43.5 | 86.0 | 92.7 | 42.2 | 92.5 | 18.3 | 11.0 | 39.0 | 86.6 | 45.7 |
| FALL----- | 99.0 | 50.4 | 88.9 | 93.5 | 39.5 | 91.2 | 20.7 | 12.3 | 37.8 | 82.9 | 49.4 |
| WINTER----- | 99.8 | 45.8 | 91.7 | 92.4 | 38.0 | 93.6 | 20.8 | 7.6 | 39.5 | 87.3 | 50.2 |

* SEE NOTES FOLLOWING WEST, TABLE 18.

YEAR BY SEASON 1965-1966 AND BY INCOME

TABLE 17.--GRAIN PRODUCTS

NORTHEAST

RURAL NONFARM

| SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 | ENRICHED, WHOLE GRAIN | | | | | NOT ENRICHED OR WHOLE GRAIN | | | | | |
|---|--|-------|-------------------|-------|----------------------------------|--|-------|-------------------|-------|----------------------------------|------------------------|
| | TOTAL (FLOUR EQUIV- ALENT) * | FLOUR | CEREAL, PASTES | BREAD | OTHER BAKERY PROD- UCTS | TOTAL (FLOUR EQUIV- ALENT) * | FLOUR | CEREAL, PASTES | BREAD | OTHER BAKERY PROD- UCTS | SOUP, MIX- TURES |
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) |

QUANTITY PER PERSON PER WEEK (POUNDS)

| | | | | | | | | | | | |
|------------------------|-------|------|------|-------|------|------|------|------|------|------|------|
| ALL HOUSEHOLDS, YEAR-- | 1.953 | .405 | .580 | 1.466 | .168 | .625 | .135 | .041 | .125 | .800 | .279 |
| SPRING----- | 1.923 | .416 | .573 | 1.393 | .182 | .626 | .097 | .047 | .136 | .828 | .292 |
| SUMMER----- | 1.666 | .215 | .508 | 1.385 | .205 | .595 | .108 | .043 | .110 | .809 | .229 |
| FALL----- | 1.968 | .467 | .513 | 1.526 | .151 | .602 | .133 | .022 | .118 | .835 | .320 |
| WINTER----- | 2.242 | .523 | .709 | 1.568 | .133 | .671 | .200 | .049 | .132 | .737 | .281 |
| UNDER 3,000----- | 1.899 | .458 | .488 | 1.525 | .078 | .472 | .144 | .030 | .091 | .548 | .208 |
| 3,000-4,999----- | 2.063 | .486 | .599 | 1.509 | .149 | .588 | .121 | .030 | .115 | .777 | .276 |
| 5,000-6,999----- | 2.166 | .457 | .647 | 1.637 | .157 | .623 | .141 | .045 | .113 | .816 | .275 |
| 7,000-9,999----- | 1.964 | .409 | .535 | 1.508 | .211 | .671 | .139 | .050 | .131 | .814 | .294 |
| 10,000 AND OVER---- | 1.449 | .187 | .521 | 1.027 | .215 | .647 | .112 | .044 | .155 | .809 | .344 |

MONEY VALUE PER PERSON PER WEEK (DOLLARS)

| | | | | | | | | | | | |
|------------------------|------|------|------|------|------|------|------|------|------|------|------|
| ALL HOUSEHOLDS, YEAR-- | .643 | .048 | .210 | .315 | .070 | .553 | .042 | .011 | .037 | .359 | .101 |
| SPRING----- | .627 | .047 | .211 | .293 | .075 | .559 | .031 | .016 | .040 | .369 | .100 |
| SUMMER----- | .602 | .030 | .191 | .298 | .083 | .509 | .033 | .011 | .032 | .347 | .083 |
| FALL----- | .649 | .056 | .194 | .330 | .069 | .593 | .038 | .006 | .038 | .391 | .118 |
| WINTER----- | .692 | .061 | .237 | .342 | .053 | .556 | .063 | .010 | .039 | .336 | .106 |
| UNDER 3,000----- | .590 | .051 | .168 | .338 | .033 | .381 | .041 | .009 | .029 | .233 | .069 |
| 3,000-4,999----- | .644 | .060 | .208 | .314 | .062 | .504 | .039 | .007 | .031 | .334 | .093 |
| 5,000-6,999----- | .681 | .054 | .225 | .342 | .060 | .526 | .042 | .011 | .032 | .345 | .092 |
| 7,000-9,999----- | .659 | .045 | .200 | .323 | .091 | .626 | .045 | .017 | .041 | .396 | .123 |
| 10,000 AND OVER---- | .572 | .026 | .208 | .243 | .095 | .615 | .038 | .009 | .045 | .398 | .124 |

PERCENT OF HOUSEHOLDS USING IN A WEEK

| | | | | | | | | | | | |
|----------------|-------|------|------|------|------|------|------|------|------|------|------|
| ALL HOUSEHOLDS | | | | | | | | | | | |
| SPRING----- | 100.0 | 71.9 | 93.2 | 94.1 | 50.3 | 97.5 | 29.0 | 23.8 | 34.3 | 93.5 | 51.2 |
| SUMMER----- | 100.0 | 61.2 | 89.3 | 99.0 | 59.2 | 96.1 | 25.2 | 26.2 | 30.1 | 92.2 | 38.8 |
| FALL----- | 99.0 | 79.4 | 89.7 | 92.8 | 50.5 | 99.0 | 32.0 | 18.6 | 28.9 | 95.9 | 50.5 |
| WINTER----- | 100.0 | 81.5 | 87.0 | 97.2 | 46.3 | 97.2 | 43.5 | 24.1 | 30.6 | 94.4 | 48.1 |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 17.--GRAIN PRODUCTS
ALL SOURCES

NORTHEAST

RURAL FARM

| SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 (1) | ENRICHED, WHOLE GRAIN | | | | | NOT ENRICHED OR WHOLE GRAIN | | | | | |
|--|---|--------------|--------------------------|--------------|---|---|--------------|--------------------------|---------------|--|--------------------------------|
| | TOTAL (FLOUR EQUIV- ALENT) ‡ (2) | FLOUR (3) | CEREAL, PASTES (4) | BREAD (5) | OTHER BAKERY PROD- UCTS (6) | TOTAL (FLOUR EQUIV- ALENT) ‡ (7) | FLOUR (8) | CEREAL, PASTES (9) | BREAD (10) | OTHER BAKERY PROD- UCTS (11) | SOUP, MIX- TURES (12) |

QUANTITY PER PERSON PER WEEK (POUNDS)

| | | | | | | | | | | | |
|-----------------------|-------|-------|------|-------|------|------|------|------|------|------|------|
| ALL HOUSEHOLDS, YEAR- | 2.750 | 1.136 | .653 | 1.481 | .143 | .530 | .166 | .069 | .081 | .618 | .189 |
| SPRING----- | 2.296 | .723 | .632 | 1.462 | .138 | .538 | .147 | .037 | .085 | .664 | .196 |
| SUMMER----- | 3.045 | 1.404 | .684 | 1.417 | .195 | .515 | .141 | .061 | .087 | .658 | .253 |
| FALL----- | 2.566 | 1.025 | .572 | 1.536 | .103 | .563 | .235 | .075 | .036 | .666 | .114 |
| WINTER----- | 2.968 | 1.289 | .705 | 1.529 | .120 | .511 | .154 | .102 | .110 | .482 | .167 |
| UNDER 3,000----- | 3.792 | 2.056 | .870 | 1.287 | .170 | .548 | .112 | .060 | .034 | .806 | .193 |
| 3,000-4,999----- | 2.919 | 1.385 | .726 | 1.308 | .081 | .531 | .157 | .076 | .088 | .601 | .176 |
| 5,000-6,999----- | 2.423 | .790 | .577 | 1.628 | .160 | .563 | .198 | .084 | .058 | .625 | .278 |
| 7,000-9,999----- | 2.750 | 1.053 | .653 | 1.602 | .156 | .458 | .179 | .066 | .076 | .515 | .088 |
| 10,000 AND OVER---- | 2.337 | .829 | .527 | 1.533 | .124 | .569 | .164 | .019 | .131 | .774 | .176 |

MONEY-VALUE PER PERSON PER WEEK (DOLLARS)

| | | | | | | | | | | | |
|-----------------------|------|------|------|------|------|------|------|------|------|------|------|
| ALL HOUSEHOLDS, YEAR- | .687 | .110 | .211 | .311 | .055 | .415 | .047 | .015 | .026 | .264 | .063 |
| SPRING----- | .655 | .074 | .211 | .316 | .053 | .422 | .042 | .011 | .025 | .279 | .065 |
| SUMMER----- | .722 | .129 | .219 | .298 | .076 | .460 | .046 | .012 | .028 | .290 | .085 |
| FALL----- | .642 | .097 | .188 | .316 | .041 | .417 | .054 | .015 | .011 | .295 | .041 |
| WINTER----- | .712 | .130 | .220 | .320 | .043 | .350 | .047 | .023 | .035 | .190 | .055 |
| UNDER 3,000----- | .768 | .192 | .271 | .252 | .053 | .400 | .028 | .012 | .008 | .298 | .054 |
| 3,000-4,999----- | .676 | .132 | .223 | .289 | .031 | .404 | .048 | .015 | .031 | .245 | .065 |
| 5,000-6,999----- | .680 | .077 | .193 | .344 | .066 | .468 | .048 | .018 | .017 | .295 | .090 |
| 7,000-9,999----- | .707 | .100 | .211 | .337 | .059 | .360 | .060 | .014 | .025 | .229 | .032 |
| 10,000 AND OVER---- | .621 | .091 | .174 | .307 | .049 | .447 | .041 | .005 | .037 | .304 | .060 |

PERCENT OF HOUSEHOLDS USING IN A WEEK

| | | | | | | | | | | | |
|----------------|-------|------|------|-------|------|-------|------|------|------|------|------|
| ALL HOUSEHOLDS | | | | | | | | | | | |
| SPRING----- | 99.2 | 81.3 | 95.1 | 95.9 | 49.6 | 98.4 | 43.9 | 30.1 | 20.3 | 91.9 | 41.5 |
| SUMMER----- | 100.0 | 80.4 | 92.2 | 94.1 | 51.0 | 96.1 | 37.3 | 33.3 | 31.4 | 94.1 | 37.3 |
| FALL----- | 100.0 | 91.9 | 91.9 | 100.0 | 37.8 | 100.0 | 37.8 | 35.1 | 13.5 | 97.3 | 29.7 |
| WINTER----- | 100.0 | 92.7 | 92.7 | 100.0 | 36.6 | 92.7 | 43.9 | 39.0 | 29.3 | 82.9 | 39.0 |

‡ SEE NOTES FOLLOWING WEST, TABLE 18.

YEAR BY SEASON 1965-1966 AND BY INCOME

TABLE 17.--GRAIN PRODUCTS
HOME-PRODUCED

NORTHEAST

RURAL FARM

| SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 (1) | ENRICHED, WHOLE GRAIN | | | | | NOT ENRICHED OR WHOLE GRAIN | | | | | |
|--|---|--------------|--------------------------|--------------|---|---|--------------|--------------------------|---------------|--|--------------------------------|
| | TOTAL (FLOUR EQUIV- ALENT) ‡ (2) | FLOUR (3) | CEREAL, PASTES (4) | BREAD (5) | OTHER BAKERY PROD- UCTS (6) | TOTAL (FLOUR EQUIV- ALENT) ‡ (7) | FLOUR (8) | CEREAL, PASTES (9) | BREAD (10) | OTHER BAKERY PROD- UCTS (11) | SOUP, MIX- TURES (12) |

QUANTITY PER PERSON PER WEEK (POUNDS)

| | | | | | | | | | | | |
|------------------------|------|------|------|------|------|------|------|------|------|------|------|
| ALL HOUSEHOLDS, YEAR-- | .000 | .000 | .000 | .000 | .000 | .002 | .000 | .001 | .000 | .000 | .005 |
| SPRING----- | .000 | .000 | .000 | .000 | .000 | .006 | .000 | .003 | .000 | .000 | .012 |
| SUMMER----- | .000 | .000 | .000 | .000 | .000 | .001 | .000 | .000 | .000 | .000 | .006 |
| FALL----- | .000 | .000 | .000 | .000 | .000 | .000 | .000 | .000 | .000 | .000 | .000 |
| WINTER----- | .000 | .000 | .000 | .000 | .000 | .000 | .000 | .000 | .000 | .000 | .000 |
| UNDER 3,000----- | .000 | .000 | .000 | .000 | .000 | .000 | .000 | .000 | .000 | .000 | .000 |
| 3,000-4,999----- | .000 | .000 | .000 | .000 | .000 | .007 | .000 | .001 | .000 | .000 | .023 |
| 5,000-6,999----- | .000 | .000 | .000 | .000 | .000 | .000 | .000 | .000 | .000 | .000 | .000 |
| 7,000-9,999----- | .000 | .000 | .000 | .000 | .000 | .002 | .000 | .002 | .000 | .000 | .000 |
| 10,000 AND OVER--- | .000 | .000 | .000 | .000 | .000 | .000 | .000 | .000 | .000 | .000 | .000 |

MONEY VALUE PER PERSON PER WEEK (DOLLARS)

| | | | | | | | | | | | |
|------------------------|------|------|------|------|------|------|------|------|------|------|------|
| ALL HOUSEHOLDS, YEAR-- | .000 | .000 | .000 | .000 | .000 | .002 | .000 | * | .000 | .000 | .002 |
| SPRING----- | .000 | .000 | .000 | .000 | .000 | .005 | .000 | * | .000 | .000 | .005 |
| SUMMER----- | .000 | .000 | .000 | .000 | .000 | .003 | .000 | .000 | .000 | .000 | .003 |
| FALL----- | .000 | .000 | .000 | .000 | .000 | .000 | .000 | .000 | .000 | .000 | .000 |
| WINTER----- | .000 | .000 | .000 | .000 | .000 | .000 | .000 | .000 | .000 | .000 | .000 |
| UNDER 3,000----- | .000 | .000 | .000 | .000 | .000 | .000 | .000 | .000 | .000 | .000 | .000 |
| 3,000-4,999----- | .000 | .000 | .000 | .000 | .000 | .009 | .000 | * | .000 | .000 | .009 |
| 5,000-6,999----- | .000 | .000 | .000 | .000 | .000 | .000 | .000 | .000 | .000 | .000 | .000 |
| 7,000-9,999----- | .000 | .000 | .000 | .000 | .000 | * | .000 | * | .000 | .000 | .000 |
| 10,000 AND OVER--- | .000 | .000 | .000 | .000 | .000 | .000 | .000 | .000 | .000 | .000 | .000 |

PERCENT OF HOUSEHOLDS USING IN A WEEK

| | | | | | | | | | | | |
|----------------|----|----|----|----|----|-----|----|-----|----|----|-----|
| ALL HOUSEHOLDS | | | | | | | | | | | |
| SPRING----- | .0 | .0 | .0 | .0 | .0 | 2.4 | .0 | 1.6 | .0 | .0 | .8 |
| SUMMER----- | .0 | .0 | .0 | .0 | .0 | 2.0 | .0 | .0 | .0 | .0 | 2.0 |
| FALL----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| WINTER----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 18.--FATS, OILS, SUGAR, SWEETS,
OTHER FOOD

NORTHEAST

ALL URBANIZATIONS

| SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 (1) | FATS, OILS | | | | | | SUGAR, SWEETS | | | | OTHER FOOD | | | |
|--|------------|--------|----------------|--------------------------------|------|-----------------------------------|--|-------------------------------------|---|-----------------------|------------|----------------------------|-----------------------------------|---------------------------------|
| | TOTAL | BUTTER | MARGA- RINE | OIL, SALAD DRESS- ING | LARD | VEGE- TABLE SHORT- ENING | TOTAL (SUGAR EQUIV- ALENT) ‡ | SUGAR, SIRUP, JELLY, CANDY | OTHER SWEETS (SUGAR EQUIVALENT) ‡ | | TOTAL ‡ | ALCO- HOLIC BEVERAGE | SOME NU- TRITIVE VALUE ‡ | NO NU- TRITIVE VALUE ‡ |
| | | | | | | | | | VIT. C ADDED | NO VIT. C ADDED | | | | |
| | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) | (13) | (14) | (15) |
| QUANTITY PER PERSON PER WEEK (POUNDS) | | | | | | | | | | | | | | |
| ALL HOUSEHOLDS, YEAR- | .736 | .166 | .209 | .257 | .031 | .073 | 1.183 | .929 | .049 | .205 | ** | .924 | .298 | ** |
| SPRING----- | .758 | .175 | .200 | .280 | .039 | .063 | 1.243 | .972 | .059 | .212 | ** | 1.000 | .303 | ** |
| SUMMER----- | .712 | .155 | .201 | .265 | .027 | .064 | 1.193 | .901 | .072 | .220 | ** | .952 | .289 | ** |
| FALL----- | .747 | .179 | .212 | .249 | .022 | .085 | 1.166 | .950 | .032 | .183 | ** | .917 | .301 | ** |
| WINTER----- | .727 | .156 | .224 | .232 | .036 | .080 | 1.129 | .892 | .033 | .205 | ** | .827 | .299 | ** |
| UNDER 1,000----- | .675 | .130 | .327 | .150 | .032 | .035 | 1.089 | .968 | .027 | .094 | ** | .024 | .320 | ** |
| 1,000-1,999----- | .724 | .166 | .234 | .182 | .093 | .049 | .957 | .811 | .037 | .109 | ** | .190 | .312 | ** |
| 2,000-2,999----- | .752 | .164 | .233 | .208 | .081 | .066 | 1.183 | .994 | .036 | .153 | ** | .418 | .258 | ** |
| 3,000-3,999----- | .775 | .142 | .237 | .244 | .087 | .064 | 1.213 | .998 | .036 | .179 | ** | .525 | .232 | ** |
| 4,000-4,999----- | .745 | .113 | .245 | .252 | .055 | .079 | 1.225 | 1.004 | .047 | .174 | ** | .568 | .273 | ** |
| 5,000-5,999----- | .746 | .151 | .231 | .256 | .024 | .084 | 1.270 | 1.019 | .039 | .212 | ** | .910 | .303 | ** |
| 6,000-6,999----- | .752 | .177 | .194 | .272 | .018 | .091 | 1.238 | .977 | .055 | .206 | ** | 1.103 | .315 | ** |
| 7,000-7,999----- | .684 | .178 | .174 | .252 | .011 | .069 | 1.179 | .912 | .058 | .209 | ** | 1.105 | .304 | ** |
| 8,000-8,999----- | .718 | .196 | .173 | .270 | .012 | .067 | 1.220 | .905 | .066 | .249 | ** | 1.018 | .312 | ** |
| 9,000-9,999----- | .751 | .178 | .211 | .266 | .020 | .077 | 1.155 | .864 | .043 | .248 | ** | 1.200 | .291 | ** |
| 10,000-14,999----- | .740 | .176 | .204 | .285 | .005 | .070 | 1.093 | .809 | .062 | .222 | ** | 1.261 | .305 | ** |
| 15,000 AND OVER---- | .708 | .246 | .137 | .302 | .002 | .021 | 1.021 | .719 | .054 | .248 | ** | 1.368 | .276 | ** |
| MONEY VALUE PER PERSON PER WEEK (DOLLARS) | | | | | | | | | | | | | | |
| ALL HOUSEHOLDS, YEAR- | .314 | .124 | .062 | .094 | .007 | .026 | .516 | .241 | .041 | .234 | .780 | .420 | .295 | .065 |
| SPRING----- | .323 | .127 | .060 | .104 | .009 | .025 | .557 | .259 | .049 | .249 | .814 | .441 | .302 | .071 |
| SUMMER----- | .298 | .115 | .059 | .095 | .006 | .023 | .553 | .230 | .051 | .272 | .802 | .448 | .282 | .073 |
| FALL----- | .324 | .134 | .065 | .092 | .005 | .028 | .470 | .238 | .032 | .200 | .737 | .391 | .293 | .053 |
| WINTER----- | .308 | .118 | .065 | .086 | .008 | .030 | .484 | .236 | .031 | .216 | .767 | .401 | .303 | .064 |
| UNDER 1,000----- | .238 | .093 | .075 | .051 | .008 | .011 | .340 | .208 | .029 | .103 | .396 | .011 | .350 | .035 |
| 1,000-1,999----- | .297 | .125 | .069 | .066 | .020 | .017 | .358 | .202 | .036 | .120 | .528 | .107 | .373 | .048 |
| 2,000-2,999----- | .305 | .121 | .068 | .073 | .017 | .026 | .451 | .234 | .031 | .185 | .528 | .194 | .285 | .049 |
| 3,000-3,999----- | .297 | .105 | .069 | .083 | .019 | .022 | .476 | .220 | .034 | .221 | .594 | .234 | .298 | .062 |
| 4,000-4,999----- | .277 | .085 | .068 | .083 | .013 | .028 | .481 | .232 | .044 | .204 | .510 | .204 | .261 | .045 |
| 5,000-5,999----- | .304 | .114 | .067 | .087 | .006 | .030 | .523 | .248 | .035 | .240 | .700 | .338 | .301 | .061 |
| 6,000-6,999----- | .323 | .130 | .056 | .100 | .004 | .033 | .540 | .263 | .045 | .233 | .699 | .343 | .303 | .053 |
| 7,000-7,999----- | .310 | .133 | .053 | .096 | .003 | .025 | .527 | .234 | .048 | .245 | .826 | .478 | .284 | .065 |
| 8,000-8,999----- | .334 | .147 | .056 | .101 | .003 | .028 | .583 | .258 | .049 | .276 | .746 | .364 | .300 | .082 |
| 9,000-9,999----- | .327 | .133 | .061 | .101 | .005 | .028 | .539 | .230 | .039 | .270 | .925 | .567 | .283 | .076 |
| 10,000-14,999----- | .339 | .131 | .064 | .119 | .001 | .023 | .529 | .244 | .042 | .243 | 1.137 | .769 | .297 | .071 |
| 15,000 AND OVER---- | .370 | .183 | .047 | .127 | * | .013 | .573 | .253 | .045 | .276 | 1.402 | 1.006 | .272 | .124 |
| PERCENT OF HOUSEHOLDS USING IN A WEEK | | | | | | | | | | | | | | |
| ALL HOUSEHOLDS | | | | | | | | | | | | | | |
| SPRING----- | 98.3 | 62.9 | 59.3 | 80.8 | 9.3 | 30.6 | 98.0 | 95.2 | 25.3 | 78.4 | 98.3 | 43.3 | 96.7 | 40.3 |
| SUMMER----- | 97.7 | 58.5 | 61.4 | 80.5 | 7.7 | 29.7 | 97.5 | 93.4 | 29.8 | 81.0 | 97.7 | 42.0 | 95.6 | 37.9 |
| FALL----- | 99.0 | 61.9 | 65.8 | 76.4 | 7.6 | 32.9 | 96.6 | 94.2 | 17.1 | 68.7 | 98.8 | 40.7 | 97.8 | 35.7 |
| WINTER----- | 99.0 | 60.6 | 65.5 | 77.0 | 10.4 | 31.5 | 97.3 | 94.7 | 17.8 | 74.9 | 98.8 | 40.9 | 97.9 | 36.9 |

* SEE NOTES FOLLOWING WEST, TABLE 18.

YEAR BY SEASON 1965-1966 AND BY INCOME

TABLE 18.--FATS, OILS, SUGAR, SWEETS,
OTHER FOOD

NORTHEAST

URBAN

| SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 | FATS, OILS | | | | | | SUGAR, SWEETS | | | | OTHER FOOD | | | |
|---|------------|--------|----------------|---------------------------------|------|-----------------------------------|--|-------------------------------------|---|-----------------|------------|----------------------------|-----------------------------------|---------------------------------|
| | TOTAL | BUTTER | MARGA- RINE | OIL - SALAD DRESS- ING | LARD | VEGE- TABLE SHORT- ENING | TOTAL (SUGAR EQUIV- ALENT) * | SUGAR, SIRUP, JELLY, CANDY | OTHER SWEETS (SUGAR EQUIVALENT) * | | TOTAL * | ALCO- HOLIC BEVERAGE | SOME NU- TRITIVE VALUE * | NO NU- TRITIVE VALUE * |
| | | | | | | | | | VIT. C ADDED | VIT. C ADDED | | | | |
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) | (13) | (14) | (15) |

QUANTITY PER PERSON PER WEEK (POUNDS)

| | | | | | | | | | | | | | | |
|------------------------|------|------|------|------|------|------|-------|------|------|------|----|-------|------|----|
| ALL HOUSEHOLDS, YEAR-- | .699 | .164 | .181 | .267 | .032 | .056 | 1.097 | .835 | .047 | .215 | ** | .998 | .290 | ** |
| SPRING----- | .741 | .176 | .181 | .295 | .042 | .047 | 1.180 | .893 | .058 | .228 | ** | 1.109 | .300 | ** |
| SUMMER----- | .655 | .146 | .174 | .258 | .027 | .051 | 1.098 | .791 | .071 | .236 | ** | .956 | .284 | ** |
| FALL----- | .717 | .178 | .181 | .264 | .023 | .070 | 1.098 | .877 | .028 | .193 | ** | .993 | .289 | ** |
| WINTER----- | .681 | .155 | .186 | .249 | .036 | .055 | 1.011 | .777 | .031 | .203 | ** | .933 | .287 | ** |
| UNDER 1,000----- | .530 | .097 | .224 | .170 | .025 | .014 | .596 | .505 | .003 | .088 | ** | .031 | .298 | ** |
| 1,000-1,999----- | .651 | .118 | .198 | .200 | .102 | .032 | .829 | .686 | .033 | .111 | ** | .194 | .302 | ** |
| 2,000-2,999----- | .731 | .167 | .204 | .227 | .087 | .045 | 1.095 | .895 | .038 | .163 | ** | .484 | .250 | ** |
| 3,000-3,999----- | .739 | .127 | .212 | .260 | .099 | .041 | 1.114 | .886 | .037 | .191 | ** | .570 | .257 | ** |
| 4,000-4,999----- | .694 | .106 | .224 | .243 | .063 | .058 | 1.148 | .928 | .046 | .175 | ** | .564 | .264 | ** |
| 5,000-5,999----- | .698 | .158 | .187 | .271 | .028 | .054 | 1.156 | .890 | .040 | .226 | ** | 1.067 | .301 | ** |
| 6,000-6,999----- | .703 | .180 | .147 | .285 | .013 | .077 | 1.159 | .893 | .051 | .214 | ** | 1.285 | .303 | ** |
| 7,000-7,999----- | .658 | .177 | .152 | .267 | .006 | .056 | 1.114 | .840 | .058 | .216 | ** | 1.197 | .294 | ** |
| 8,000-8,999----- | .683 | .205 | .143 | .266 | .012 | .056 | 1.139 | .803 | .074 | .261 | ** | 1.037 | .296 | ** |
| 9,000-9,999----- | .708 | .163 | .186 | .275 | .025 | .059 | 1.055 | .784 | .029 | .242 | ** | 1.205 | .290 | ** |
| 10,000-14,999----- | .721 | .173 | .193 | .290 | .002 | .063 | 1.038 | .753 | .054 | .231 | ** | 1.302 | .310 | ** |
| 15,000 AND OVER---- | .715 | .238 | .130 | .328 | * | .019 | 1.042 | .715 | .056 | .272 | ** | 1.394 | .263 | ** |

MONEY VALUE PER PERSON PER WEEK (DOLLARS)

| | | | | | | | | | | | | | | |
|------------------------|------|------|------|------|------|------|------|------|------|------|-------|------|------|------|
| ALL HOUSEHOLDS, YEAR-- | .308 | .123 | .056 | .100 | .007 | .021 | .502 | .220 | .040 | .242 | .822 | .462 | .291 | .069 |
| SPRING----- | .327 | .129 | .056 | .112 | .010 | .019 | .552 | .241 | .047 | .264 | .887 | .499 | .301 | .077 |
| SUMMER----- | .283 | .109 | .053 | .096 | .006 | .019 | .546 | .207 | .052 | .286 | .829 | .475 | .276 | .078 |
| FALL----- | .319 | .135 | .057 | .099 | .005 | .022 | .457 | .219 | .030 | .209 | .754 | .418 | .286 | .050 |
| WINTER----- | .301 | .119 | .058 | .094 | .008 | .022 | .455 | .212 | .031 | .212 | .831 | .458 | .302 | .071 |
| UNDER 1,000----- | .209 | .077 | .062 | .060 | .006 | .004 | .221 | .102 | .008 | .111 | .420 | .016 | .378 | .026 |
| 1,000-1,999----- | .261 | .091 | .062 | .074 | .022 | .012 | .312 | .155 | .031 | .126 | .548 | .116 | .374 | .058 |
| 2,000-2,999----- | .300 | .124 | .059 | .081 | .018 | .017 | .440 | .210 | .033 | .197 | .553 | .231 | .279 | .043 |
| 3,000-3,999----- | .279 | .094 | .061 | .088 | .022 | .014 | .468 | .193 | .036 | .239 | .567 | .227 | .277 | .063 |
| 4,000-4,999----- | .265 | .081 | .064 | .082 | .015 | .022 | .458 | .211 | .043 | .204 | .518 | .221 | .253 | .044 |
| 5,000-5,999----- | .299 | .120 | .058 | .095 | .007 | .020 | .508 | .220 | .034 | .253 | .774 | .404 | .309 | .062 |
| 6,000-6,999----- | .321 | .135 | .047 | .109 | .004 | .027 | .533 | .247 | .045 | .241 | .763 | .405 | .298 | .060 |
| 7,000-7,999----- | .310 | .134 | .049 | .104 | .002 | .021 | .507 | .214 | .046 | .247 | .870 | .524 | .278 | .068 |
| 8,000-8,999----- | .332 | .154 | .049 | .102 | .003 | .025 | .577 | .243 | .057 | .278 | .766 | .381 | .293 | .091 |
| 9,000-9,999----- | .309 | .123 | .055 | .103 | .006 | .022 | .510 | .213 | .031 | .266 | .963 | .607 | .278 | .079 |
| 10,000-14,999----- | .338 | .129 | .062 | .125 | * | .022 | .514 | .233 | .038 | .243 | 1.183 | .805 | .302 | .077 |
| 15,000 AND OVER---- | .370 | .178 | .046 | .135 | * | .010 | .596 | .257 | .050 | .289 | 1.340 | .933 | .272 | .136 |

PERCENT OF HOUSEHOLDS USING IN A WEEK

| | | | | | | | | | | | | | | |
|----------------|------|------|------|------|-----|------|------|------|------|------|------|------|------|------|
| ALL HOUSEHOLDS | | | | | | | | | | | | | | |
| SPRING----- | 98.0 | 64.1 | 55.9 | 80.7 | 8.8 | 24.4 | 97.7 | 94.2 | 24.6 | 77.5 | 98.0 | 45.0 | 95.8 | 41.0 |
| SUMMER----- | 97.6 | 59.9 | 57.8 | 79.3 | 7.5 | 23.9 | 96.8 | 91.7 | 29.0 | 80.9 | 97.0 | 43.3 | 94.4 | 37.6 |
| FALL----- | 98.7 | 63.2 | 62.0 | 76.3 | 7.8 | 27.0 | 96.0 | 93.2 | 16.1 | 67.8 | 99.2 | 41.3 | 98.0 | 35.0 |
| WINTER----- | 99.0 | 61.5 | 62.0 | 77.2 | 9.3 | 23.3 | 96.8 | 93.4 | 16.9 | 73.8 | 98.5 | 42.9 | 97.3 | 39.2 |

* SEE NOTES FOLLOWING WEST, TABLE 18.

YEAR BY SEASON 1965-1966 AND BY INCOME

TABLE 18.--FATS, OILS, SUGAR, SWEETS,
OTHER FOOD

NORTHEAST

RURAL NONFARM

| SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 (1) | FATS, OILS | | | | | | SUGAR, SWEETS | | | | OTHER FOOD | | | |
|--|------------|--------|----------------|--------------------------------|------|-----------------------------------|--|-------------------------------------|---|-----------------------|------------|----------------------------|-----------------------------------|---------------------------------|
| | TOTAL | BUTTER | MARGA- RINE | OIL, SALAD DRESS- ING | LARD | VEGE- TABLE SHORT- ENING | TOTAL (SUGAR EQUIV- ALENT) ‡ | SUGAR, SIRUP, JELLY, CANDY | OTHER SWEETS (SUGAR EQUIVALENT) ‡ | | TOTAL ‡ | ALCO- HOLIC BEVERAGE | SOME NU- TRITIVE VALUE ‡ | NO NU- TRITIVE VALUE ‡ |
| | | | | | | | | | VIT. C ADDED | NO VIT. C ADDED | | | | |
| | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) | (13) | (14) | (15) |

QUANTITY PER PERSON PER WEEK (POUNDS)

| | | | | | | | | | | | | | | |
|-----------------------|------|------|------|------|------|------|-------|-------|------|------|----|-------|------|----|
| ALL HOUSEHOLDS, YEAR- | .830 | .170 | .288 | .225 | .024 | .123 | 1.401 | 1.164 | .055 | .181 | ** | .744 | .325 | ** |
| SPRING----- | .799 | .169 | .253 | .242 | .026 | .108 | 1.393 | 1.159 | .062 | .171 | ** | .723 | .315 | ** |
| SUMMER----- | .848 | .177 | .263 | .285 | .025 | .099 | 1.401 | 1.143 | .074 | .184 | ** | 1.025 | .310 | ** |
| FALL----- | .844 | .183 | .319 | .191 | .012 | .139 | 1.380 | 1.183 | .047 | .150 | ** | .676 | .350 | ** |
| WINTER----- | .834 | .153 | .323 | .181 | .032 | .146 | 1.424 | 1.173 | .037 | .214 | ** | .554 | .331 | ** |
| UNDER 3,000----- | .797 | .186 | .328 | .128 | .056 | .099 | 1.320 | 1.164 | .044 | .111 | ** | .143 | .313 | ** |
| 3,000-4,999----- | .877 | .150 | .308 | .251 | .031 | .137 | 1.425 | 1.215 | .044 | .166 | ** | .533 | .333 | ** |
| 5,000-6,999----- | .868 | .145 | .333 | .223 | .019 | .148 | 1.493 | 1.261 | .050 | .181 | ** | .593 | .331 | ** |
| 7,000-9,999----- | .804 | .189 | .254 | .235 | .013 | .113 | 1.425 | 1.145 | .061 | .220 | ** | 1.015 | .339 | ** |
| 10,000 AND OVER--- | .762 | .205 | .218 | .253 | .008 | .078 | 1.187 | .915 | .080 | .192 | ** | 1.190 | .293 | ** |

MONEY VALUE PER PERSON PER WEEK (DOLLARS)

| | | | | | | | | | | | | | | |
|-----------------------|------|------|------|------|------|------|------|------|------|------|-------|------|------|------|
| ALL HOUSEHOLDS, YEAR- | .329 | .123 | .080 | .077 | .005 | .044 | .560 | .297 | .045 | .218 | .678 | .312 | .310 | .055 |
| SPRING----- | .320 | .119 | .073 | .082 | .005 | .040 | .570 | .301 | .055 | .214 | .651 | .289 | .307 | .055 |
| SUMMER----- | .337 | .130 | .071 | .096 | .006 | .035 | .576 | .283 | .050 | .243 | .763 | .402 | .304 | .057 |
| FALL----- | .343 | .134 | .092 | .067 | .003 | .047 | .520 | .306 | .042 | .172 | .696 | .306 | .323 | .067 |
| WINTER----- | .317 | .113 | .084 | .061 | .007 | .052 | .566 | .299 | .033 | .235 | .609 | .256 | .309 | .044 |
| UNDER 3,000----- | .320 | .134 | .091 | .043 | .012 | .040 | .448 | .286 | .042 | .120 | .447 | .062 | .332 | .053 |
| 3,000-4,999----- | .323 | .109 | .084 | .079 | .007 | .044 | .525 | .286 | .041 | .198 | .583 | .209 | .325 | .049 |
| 5,000-6,999----- | .320 | .104 | .087 | .071 | .004 | .054 | .569 | .315 | .042 | .212 | .532 | .180 | .302 | .050 |
| 7,000-9,999----- | .338 | .137 | .073 | .085 | .003 | .040 | .616 | .296 | .049 | .271 | .745 | .377 | .312 | .057 |
| 10,000 AND OVER--- | .346 | .152 | .065 | .099 | .002 | .027 | .567 | .273 | .050 | .245 | 1.133 | .794 | .279 | .060 |

PERCENT OF HOUSEHOLDS USING IN A WEEK

| | | | | | | | | | | | | | | |
|----------------|-------|------|------|------|------|------|-------|------|------|------|-------|------|-------|------|
| ALL HOUSEHOLDS | | | | | | | | | | | | | | |
| SPRING----- | 99.4 | 58.6 | 71.3 | 81.8 | 9.9 | 51.9 | 99.1 | 98.5 | 28.1 | 81.5 | 99.7 | 38.6 | 99.7 | 38.6 |
| SUMMER----- | 98.1 | 53.4 | 73.8 | 84.5 | 6.8 | 49.5 | 100.0 | 99.0 | 32.0 | 81.6 | 100.0 | 39.8 | 100.0 | 38.8 |
| FALL----- | 100.0 | 56.7 | 80.4 | 76.3 | 6.2 | 54.6 | 99.0 | 97.9 | 20.6 | 73.2 | 96.9 | 39.2 | 96.9 | 38.1 |
| WINTER----- | 99.1 | 57.4 | 77.8 | 75.9 | 13.9 | 60.2 | 99.1 | 99.1 | 21.3 | 79.6 | 100.0 | 35.2 | 100.0 | 28.7 |

* SEE NOTES FOLLOWING WEST, TABLE 18.

YEAR BY SEASON 1965-1966 AND BY INCOME

TABLE 18.--FATS, OILS, SUGAR, SWEETS,
OTHER FOOD ALL SOURCES

NORTHEAST

RURAL FARM

| SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 (1) | FATS, OILS | | | | | | SUGAR, SWEETS | | | | OTHER FOOD | | | |
|--|------------|--------|----------------|--------------------------------|------|-----------------------------------|--|-------------------------------------|---|-------------------------|------------|----------------------------|-----------------------------------|---------------------------------|
| | TOTAL | BUTTER | MARGA- RINE | OIL, SALAD DRESS- ING | LARD | VEGE- TABLE SHORT- ENING | TOTAL (SUGAR EQUIV- ALENT) ‡ | SUGAR, SIRUP, JELLY, CANDY | OTHER SWEETS (SUGAR EQUIVALENT) ‡ | | TOTAL ‡ | ALCO- HOLIC BEVERAGE | SOME NU- TRITIVE VALUE ‡ | NO NU- TRITIVE VALUE ‡ |
| | | | | | | | | | VIT. C ADDED (10) | VIT. C ADDED (11) | | | | |
| | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) | (13) | (14) | (15) |

QUANTITY PER PERSON PER WEEK (POUNDS)

| | | | | | | | | | | | | | | |
|-----------------------|-------|------|------|------|------|------|-------|-------|------|------|----|------|------|----|
| ALL HOUSEHOLDS, YEAR- | .997 | .204 | .348 | .238 | .060 | .146 | 1.794 | 1.616 | .047 | .131 | ** | .309 | .280 | ** |
| SPRING----- | .892 | .222 | .252 | .206 | .083 | .128 | 1.736 | 1.586 | .036 | .114 | ** | .363 | .271 | ** |
| SUMMER----- | 1.031 | .201 | .379 | .282 | .037 | .132 | 1.891 | 1.697 | .071 | .122 | ** | .233 | .242 | ** |
| FALL----- | .939 | .170 | .339 | .249 | .052 | .128 | 1.633 | 1.467 | .032 | .135 | ** | .404 | .276 | ** |
| WINTER----- | 1.104 | .223 | .408 | .204 | .074 | .196 | 1.868 | 1.674 | .040 | .154 | ** | .270 | .339 | ** |
| UNDER 3,000----- | 1.168 | .229 | .466 | .216 | .110 | .148 | 2.158 | 2.059 | .010 | .089 | ** | .157 | .327 | ** |
| 3,000-4,999----- | 1.014 | .213 | .332 | .197 | .102 | .169 | 1.986 | 1.845 | .038 | .103 | ** | .189 | .261 | ** |
| 5,000-6,999----- | .928 | .211 | .292 | .246 | .039 | .141 | 1.717 | 1.520 | .051 | .146 | ** | .328 | .260 | ** |
| 7,000-9,999----- | .983 | .190 | .372 | .238 | .029 | .154 | 1.638 | 1.441 | .041 | .156 | ** | .270 | .279 | ** |
| 10,000 AND OVER--- | 1.061 | .239 | .325 | .332 | .076 | .089 | 1.596 | 1.351 | .094 | .151 | ** | .618 | .282 | ** |

MONEY VALUE PER PERSON PER WEEK (DOLLARS)

| | | | | | | | | | | | | | | |
|-----------------------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|
| ALL HOUSEHOLDS, YEAR- | .363 | .145 | .084 | .075 | .013 | .046 | .533 | .359 | .037 | .138 | .454 | .144 | .263 | .047 |
| SPRING----- | .343 | .155 | .068 | .064 | .017 | .039 | .551 | .380 | .033 | .138 | .501 | .183 | .271 | .047 |
| SUMMER----- | .365 | .141 | .091 | .086 | .007 | .040 | .559 | .364 | .048 | .147 | .449 | .127 | .262 | .060 |
| FALL----- | .330 | .124 | .077 | .075 | .011 | .043 | .470 | .319 | .026 | .126 | .485 | .210 | .228 | .047 |
| WINTER----- | .407 | .159 | .096 | .072 | .019 | .061 | .541 | .367 | .037 | .137 | .389 | .070 | .285 | .034 |
| UNDER 3,000----- | .395 | .161 | .091 | .067 | .024 | .052 | .633 | .505 | .014 | .114 | .439 | .040 | .342 | .057 |
| 3,000-4,999----- | .375 | .153 | .086 | .064 | .022 | .050 | .549 | .415 | .029 | .104 | .391 | .064 | .254 | .073 |
| 5,000-6,999----- | .358 | .151 | .076 | .076 | .009 | .046 | .504 | .311 | .035 | .157 | .379 | .113 | .237 | .029 |
| 7,000-9,999----- | .347 | .133 | .087 | .072 | .006 | .048 | .501 | .322 | .030 | .146 | .390 | .093 | .250 | .047 |
| 10,000 AND OVER--- | .393 | .166 | .075 | .110 | .016 | .027 | .517 | .280 | .067 | .171 | .827 | .495 | .281 | .051 |

PERCENT OF HOUSEHOLDS USING IN A WEEK

| | | | | | | | | | | | | | | |
|----------------|-------|------|------|------|------|------|-------|-------|------|------|-------|------|-------|------|
| ALL HOUSEHOLDS | 100.0 | 65.0 | 65.0 | 76.4 | 28.5 | 44.7 | 100.0 | 100.0 | 22.0 | 78.0 | 98.4 | 25.2 | 97.6 | 32.5 |
| SPRING----- | 100.0 | 65.0 | 65.0 | 76.4 | 28.5 | 44.7 | 100.0 | 100.0 | 22.0 | 78.0 | 98.4 | 25.2 | 97.6 | 32.5 |
| SUMMER----- | 100.0 | 54.9 | 66.7 | 84.3 | 21.6 | 41.2 | 98.0 | 98.0 | 33.3 | 76.5 | 98.0 | 15.7 | 98.0 | 39.2 |
| FALL----- | 100.0 | 59.5 | 81.1 | 83.8 | 16.2 | 64.9 | 100.0 | 97.3 | 21.6 | 62.2 | 100.0 | 29.7 | 100.0 | 43.2 |
| WINTER----- | 100.0 | 56.1 | 75.6 | 78.0 | 19.5 | 61.0 | 100.0 | 100.0 | 17.1 | 65.9 | 97.6 | 19.5 | 97.6 | 26.8 |

* SEE NOTES FOLLOWING WEST, TABLE 18.

YEAR BY SEASON 1965-1966 AND BY INCOME

TABLE 18.--FATS, OILS, SUGAR, SWEETS,
OTHER FOOD

NORTHEAST

RURAL FARM

| SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 (1) | FATS, OILS | | | | | | SUGAR, SWEETS | | | | OTHER FOOD | | | |
|--|------------|--------|----------------|--------------------------------|------|-----------------------------------|--|-------------------------------------|---|-----------------|------------|----------------------------|-----------------------------------|---------------------------------|
| | TOTAL | BUTTER | MARGA- RINE | OIL, SALAD DRESS- ING | LARD | VEGE- TABLE SHORT- ENING | TOTAL (SUGAR EQUIV- ALENT) ‡ | SUGAR, SIRUP, JELLY, CANDY | OTHER SWEETS (SUGAR EQUIVALENT) ‡ | | TOTAL ‡ | ALCO- HOLIC BEVERAGE | SOME NU- TRITIVE VALUE ‡ | NO NU- TRITIVE VALUE ‡ |
| | | | | | | | | | VIT. C ADDED | VIT. C ADDED | | | | |
| | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) | (13) | (14) | (15) |

QUANTITY PER PERSON PER WEEK (POUNDS)

| | | | | | | | | | | | | | | |
|-----------------------|------|------|------|------|------|------|------|------|------|------|----|------|------|----|
| ALL HOUSEHOLDS, YEAR- | .039 | .019 | .000 | .000 | .020 | .000 | .128 | .127 | .000 | .001 | ** | .000 | .000 | ** |
| SPRING----- | .076 | .036 | .000 | .000 | .040 | .000 | .101 | .096 | .000 | .005 | ** | .000 | .000 | ** |
| SUMMER----- | .039 | .026 | .000 | .000 | .012 | .000 | .138 | .138 | .000 | .000 | ** | .000 | .000 | ** |
| FALL----- | .013 | .000 | .000 | .000 | .013 | .000 | .106 | .106 | .000 | .000 | ** | .000 | .000 | ** |
| WINTER----- | .028 | .011 | .000 | .000 | .017 | .000 | .159 | .159 | .000 | .000 | ** | .000 | .000 | ** |
| UNDER 3,000----- | .053 | .011 | .000 | .000 | .043 | .000 | .438 | .438 | .000 | .000 | ** | .000 | .000 | ** |
| 3,000-4,999----- | .053 | .021 | .000 | .000 | .032 | .000 | .112 | .106 | .000 | .006 | ** | .000 | .000 | ** |
| 5,000-6,999----- | .045 | .033 | .000 | .000 | .012 | .000 | .088 | .088 | .000 | .000 | ** | .000 | .000 | ** |
| 7,000-9,999----- | .016 | .011 | .000 | .000 | .004 | .000 | .071 | .071 | .000 | .000 | ** | .000 | .000 | ** |
| 10,000 AND OVER--- | .033 | .000 | .000 | .000 | .033 | .000 | .049 | .049 | .000 | .000 | ** | .000 | .000 | ** |

MONEY VALUE PER PERSON PER WEEK (DOLLARS)

| | | | | | | | | | | | | | | |
|-----------------------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|
| ALL HOUSEHOLDS, YEAR- | .018 | .014 | .000 | .000 | .004 | .000 | .055 | .054 | .000 | .001 | .000 | .000 | .000 | .000 |
| SPRING----- | .034 | .025 | .000 | .000 | .008 | .000 | .046 | .040 | .000 | .006 | .000 | .000 | .000 | .000 |
| SUMMER----- | .021 | .019 | .000 | .000 | .002 | .000 | .057 | .057 | .000 | .000 | .000 | .000 | .000 | .000 |
| FALL----- | .003 | .000 | .000 | .000 | .003 | .000 | .044 | .044 | .000 | .000 | .000 | .000 | .000 | .000 |
| WINTER----- | .012 | .008 | .000 | .000 | .004 | .000 | .072 | .072 | .000 | .000 | .000 | .000 | .000 | .000 |
| UNDER 3,000----- | .016 | .008 | .000 | .000 | .009 | .000 | .196 | .196 | .000 | .000 | .000 | .000 | .000 | .000 |
| 3,000-4,999----- | .021 | .015 | .000 | .000 | .007 | .000 | .050 | .043 | .000 | .007 | .000 | .000 | .000 | .000 |
| 5,000-6,999----- | .026 | .023 | .000 | .000 | .003 | .000 | .037 | .037 | .000 | .000 | .000 | .000 | .000 | .000 |
| 7,000-9,999----- | .009 | .008 | .000 | .000 | .001 | .000 | .029 | .029 | .000 | .000 | .000 | .000 | .000 | .000 |
| 10,000 AND OVER--- | .008 | .000 | .000 | .000 | .008 | .000 | .021 | .021 | .000 | .000 | .000 | .000 | .000 | .000 |

PERCENT OF HOUSEHOLDS USING IN A WEEK

| | | | | | | | | | | | | | | |
|----------------|------|-----|----|----|------|----|------|------|----|----|----|----|----|----|
| ALL HOUSEHOLDS | | | | | | | | | | | | | | |
| SPRING----- | 20.3 | 6.5 | .0 | .0 | 15.4 | .0 | 35.8 | 35.8 | .0 | .8 | .0 | .0 | .0 | .0 |
| SUMMER----- | 15.7 | 3.9 | .0 | .0 | 11.8 | .0 | 31.4 | 31.4 | .0 | .0 | .0 | .0 | .0 | .0 |
| FALL----- | 2.7 | .0 | .0 | .0 | 2.7 | .0 | 48.6 | 48.6 | .0 | .0 | .0 | .0 | .0 | .0 |
| WINTER----- | 9.8 | 4.9 | .0 | .0 | 4.9 | .0 | 36.6 | 36.6 | .0 | .0 | .0 | .0 | .0 | .0 |

* SEE NOTES FOLLOWING WEST, TABLE 18.

YEAR BY SEASON 1965-1966 AND BY INCOME

TABLE 1.-- NUMBER AND PERCENT OF HOUSEHOLDS
AND AVERAGE HOUSEHOLD SIZE

NORTH CENTRAL

BY URBANIZATION

| SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 | HOUSEHOLDS | | HOUSEHOLD SIZE | | | | | | | | |
|---|------------------|--------------------------|---------------------------------|------------------------------|---------|---------|------|-----------------------|---------|-----------------|------------------|
| | ACTUAL NUMBER | WEIGHTED PERCENT ‡ | EQUIV- ALENT PERSONS ‡ | EQUIVALENT NUTRITION UNITS ‡ | | | | | | | |
| | | | | FOOD ENERGY | PROTEIN | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO- FLAVIN | ASCORBIC ACID |
| (1) | (2A) | (2B) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) |
| ALL URBANIZATIONS | | | | | | | | | | | |
| ALL HOUSEHOLDS, YEAR- | 4,483 | 100.00 | 3.33 | 2.47 | 2.81 | 3.72 | 4.03 | 2.97 | 2.54 | 2.61 | 3.08 |
| SPRING----- | 2,233 | 25.67 | 3.38 | 2.53 | 2.87 | 3.78 | 4.08 | 3.02 | 2.55 | 2.66 | 3.18 |
| SUMMER----- | 773 | 25.90 | 3.41 | 2.54 | 2.88 | 3.81 | 4.11 | 3.04 | 2.64 | 2.68 | 3.12 |
| FALL----- | 763 | 24.48 | 3.21 | 2.37 | 2.71 | 3.57 | 3.89 | 2.87 | 2.47 | 2.51 | 2.94 |
| WINTER----- | 714 | 23.94 | 3.30 | 2.44 | 2.78 | 3.70 | 4.01 | 2.94 | 2.51 | 2.58 | 3.06 |
| UNDER 1,000----- | 150 | 2.94 | 1.75 | 1.15 | 1.49 | 1.82 | 1.99 | 1.65 | 1.22 | 1.29 | 1.69 |
| 1,000-1,999----- | 324 | 7.00 | 1.96 | 1.34 | 1.70 | 2.12 | 2.24 | 1.86 | 1.46 | 1.49 | 1.87 |
| 2,000-2,999----- | 373 | 8.30 | 2.52 | 1.80 | 2.18 | 2.73 | 2.88 | 2.33 | 1.91 | 1.95 | 2.38 |
| 3,000-3,999----- | 354 | 7.59 | 2.90 | 2.08 | 2.45 | 3.18 | 3.43 | 2.60 | 2.15 | 2.22 | 2.70 |
| 4,000-4,999----- | 400 | 8.31 | 3.34 | 2.45 | 2.79 | 3.67 | 3.90 | 2.94 | 2.53 | 2.59 | 3.04 |
| 5,000-5,999----- | 678 | 16.06 | 3.53 | 2.59 | 2.93 | 3.91 | 4.22 | 3.09 | 2.67 | 2.73 | 3.21 |
| 6,000-6,999----- | 513 | 13.20 | 3.62 | 2.70 | 3.01 | 4.05 | 4.44 | 3.17 | 2.76 | 2.83 | 3.30 |
| 7,000-7,999----- | 414 | 10.98 | 3.85 | 2.89 | 3.21 | 4.33 | 4.74 | 3.35 | 2.93 | 3.03 | 3.53 |
| 8,000-8,999----- | 282 | 7.22 | 3.78 | 2.89 | 3.24 | 4.34 | 4.73 | 3.40 | 2.95 | 3.03 | 3.53 |
| 9,000-9,999----- | 174 | 4.50 | 3.90 | 2.98 | 3.31 | 4.39 | 4.81 | 3.48 | 3.00 | 3.12 | 3.64 |
| 10,000-14,999----- | 396 | 10.47 | 3.91 | 3.01 | 3.36 | 4.51 | 4.91 | 3.52 | 3.08 | 3.15 | 3.67 |
| 15,000 AND OVER---- | 124 | 3.42 | 3.98 | 3.03 | 3.39 | 4.58 | 4.97 | 3.55 | 3.13 | 3.17 | 3.65 |
| URBAN | | | | | | | | | | | |
| ALL HOUSEHOLDS, YEAR- | 2,306 | 100.00 | 3.29 | 2.44 | 2.78 | 3.69 | 4.00 | 2.94 | 2.51 | 2.58 | 3.05 |
| SPRING----- | 1,187 | 26.12 | 3.31 | 2.47 | 2.80 | 3.72 | 4.03 | 2.95 | 2.49 | 2.60 | 3.11 |
| SUMMER----- | 379 | 25.02 | 3.44 | 2.56 | 2.90 | 3.87 | 4.18 | 3.05 | 2.67 | 2.70 | 3.15 |
| FALL----- | 375 | 24.76 | 3.19 | 2.35 | 2.69 | 3.54 | 3.87 | 2.86 | 2.44 | 2.49 | 2.93 |
| WINTER----- | 365 | 24.10 | 3.22 | 2.37 | 2.72 | 3.60 | 3.92 | 2.88 | 2.44 | 2.52 | 3.00 |
| UNDER 1,000----- | 53 | 2.32 | 1.56 | .98 | 1.28 | 1.60 | 1.77 | 1.43 | 1.05 | 1.13 | 1.49 |
| 1,000-1,999----- | 135 | 6.31 | 1.83 | 1.21 | 1.55 | 1.96 | 2.08 | 1.71 | 1.34 | 1.35 | 1.71 |
| 2,000-2,999----- | 158 | 7.32 | 2.41 | 1.73 | 2.11 | 2.72 | 2.88 | 2.26 | 1.85 | 1.86 | 2.30 |
| 3,000-3,999----- | 138 | 6.80 | 2.58 | 1.81 | 2.15 | 2.79 | 3.02 | 2.31 | 1.87 | 1.94 | 2.40 |
| 4,000-4,999----- | 162 | 7.08 | 3.08 | 2.24 | 2.57 | 3.38 | 3.54 | 2.71 | 2.30 | 2.37 | 2.83 |
| 5,000-5,999----- | 333 | 15.25 | 3.41 | 2.48 | 2.82 | 3.75 | 4.07 | 2.97 | 2.55 | 2.62 | 3.10 |
| 6,000-6,999----- | 306 | 14.12 | 3.59 | 2.69 | 3.01 | 4.03 | 4.42 | 3.17 | 2.77 | 2.82 | 3.28 |
| 7,000-7,999----- | 260 | 11.73 | 3.86 | 2.89 | 3.22 | 4.34 | 4.75 | 3.37 | 2.94 | 3.03 | 3.53 |
| 8,000-8,999----- | 166 | 7.83 | 3.77 | 2.88 | 3.23 | 4.31 | 4.70 | 3.39 | 2.93 | 3.02 | 3.53 |
| 9,000-9,999----- | 102 | 4.79 | 3.87 | 2.93 | 3.26 | 4.31 | 4.73 | 3.43 | 2.93 | 3.07 | 3.61 |
| 10,000-14,999----- | 258 | 12.06 | 3.95 | 3.06 | 3.41 | 4.58 | 4.98 | 3.58 | 3.12 | 3.20 | 3.74 |
| 15,000 AND OVER---- | 89 | 4.39 | 3.87 | 2.93 | 3.29 | 4.42 | 4.83 | 3.47 | 3.04 | 3.07 | 3.55 |

‡ SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 1.-- NUMBER AND PERCENT OF HOUSEHOLDS
AND AVERAGE HOUSEHOLD SIZE--CONTINUED

NORTH CENTRAL

BY ORGANIZATION

| SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 | HOUSEHOLDS | | HOUSEHOLD SIZE | | | | | | | | |
|---|------------------|--------------------------|---------------------------------|------------------------------|---------|---------|------|-----------------------|---------|-----------------|------------------|
| | ACTUAL NUMBER | WEIGHTED PERCENT ‡ | EQUIV- ALENT PERSONS ‡ | EQUIVALENT NUTRITION UNITS ‡ | | | | | | | |
| | | | | FOOD ENERGY | PROTEIN | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO- FLAVIN | ASCORBIC ACID |
| (1) | (2A) | (2B) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) |
| RURAL NONFARM | | | | | | | | | | | |
| ALL HOUSEHOLDS, YEAR- | 829 | 100.00 | 3.29 | 2.43 | 2.77 | 3.64 | 3.93 | 2.92 | 2.51 | 2.57 | 3.02 |
| SPRING----- | 407 | 24.33 | 3.39 | 2.52 | 2.87 | 3.71 | 4.00 | 3.02 | 2.55 | 2.66 | 3.17 |
| SUMMER----- | 153 | 27.44 | 3.16 | 2.33 | 2.68 | 3.43 | 3.69 | 2.82 | 2.43 | 2.46 | 2.89 |
| FALL----- | 131 | 23.49 | 3.16 | 2.33 | 2.66 | 3.53 | 3.84 | 2.80 | 2.43 | 2.46 | 2.87 |
| WINTER----- | 138 | 24.75 | 3.47 | 2.55 | 2.87 | 3.89 | 4.22 | 3.03 | 2.63 | 2.69 | 3.16 |
| UNDER 1,000----- | 35 | 3.91 | 1.42 | .88 | 1.26 | 1.42 | 1.54 | 1.41 | .97 | 1.02 | 1.41 |
| 1,000-1,999----- | 62 | 7.94 | 1.83 | 1.27 | 1.65 | 1.99 | 2.07 | 1.79 | 1.37 | 1.42 | 1.81 |
| 2,000-2,999----- | 69 | 9.41 | 2.34 | 1.62 | 2.00 | 2.26 | 2.35 | 2.13 | 1.74 | 1.76 | 2.16 |
| 3,000-3,999----- | 73 | 8.26 | 3.29 | 2.37 | 2.75 | 3.60 | 3.76 | 2.91 | 2.44 | 2.51 | 3.01 |
| 4,000-4,999----- | 78 | 10.24 | 3.68 | 2.70 | 3.04 | 3.99 | 4.29 | 3.20 | 2.83 | 2.83 | 3.26 |
| 5,000-5,999----- | 139 | 18.37 | 3.77 | 2.82 | 3.15 | 4.25 | 4.58 | 3.29 | 2.90 | 2.96 | 3.43 |
| 6,000-6,999----- | 95 | 12.10 | 3.68 | 2.71 | 3.00 | 4.08 | 4.51 | 3.16 | 2.72 | 2.84 | 3.35 |
| 7,000-9,999----- | 165 | 21.20 | 3.81 | 2.90 | 3.19 | 4.33 | 4.74 | 3.35 | 2.95 | 3.03 | 3.49 |
| 10,000 AND OVER---- | 60 | 8.58 | 3.57 | 2.70 | 3.01 | 4.06 | 4.46 | 3.16 | 2.78 | 2.83 | 3.26 |
| RURAL FARM | | | | | | | | | | | |
| ALL HOUSEHOLDS, YEAR- | 1,348 | 100.00 | 3.69 | 2.80 | 3.20 | 4.17 | 4.48 | 3.36 | 2.87 | 2.94 | 3.47 |
| SPRING----- | 639 | 26.01 | 3.90 | 2.97 | 3.38 | 4.41 | 4.68 | 3.53 | 3.00 | 3.13 | 3.72 |
| SUMMER----- | 241 | 28.26 | 3.86 | 2.95 | 3.35 | 4.42 | 4.74 | 3.51 | 3.06 | 3.09 | 3.60 |
| FALL----- | 257 | 25.11 | 3.45 | 2.60 | 3.00 | 3.89 | 4.20 | 3.16 | 2.70 | 2.75 | 3.23 |
| WINTER----- | 211 | 20.62 | 3.48 | 2.60 | 3.00 | 3.88 | 4.20 | 3.15 | 2.64 | 2.75 | 3.29 |
| UNDER 1,000----- | 62 | 4.90 | 3.17 | 2.33 | 2.77 | 3.51 | 3.75 | 2.94 | 2.42 | 2.49 | 2.99 |
| 1,000-1,999----- | 127 | 9.67 | 2.94 | 2.14 | 2.57 | 3.20 | 3.45 | 2.72 | 2.23 | 2.29 | 2.77 |
| 2,000-2,999----- | 146 | 12.64 | 3.36 | 2.48 | 2.90 | 3.72 | 3.99 | 3.06 | 2.53 | 2.63 | 3.19 |
| 3,000-3,999----- | 143 | 11.66 | 3.57 | 2.73 | 3.13 | 4.05 | 4.36 | 3.28 | 2.78 | 2.87 | 3.40 |
| 4,000-4,999----- | 160 | 12.29 | 3.73 | 2.81 | 3.20 | 4.22 | 4.54 | 3.35 | 2.86 | 2.95 | 3.50 |
| 5,000-5,999----- | 201 | 15.77 | 3.57 | 2.68 | 3.08 | 3.96 | 4.17 | 3.24 | 2.76 | 2.83 | 3.34 |
| 6,000-6,999----- | 112 | 9.28 | 3.68 | 2.75 | 3.13 | 4.14 | 4.49 | 3.29 | 2.82 | 2.88 | 3.40 |
| 7,000-9,999----- | 177 | 14.50 | 4.00 | 3.13 | 3.51 | 4.65 | 5.03 | 3.67 | 3.17 | 3.27 | 3.82 |
| 10,000 AND OVER---- | 113 | 9.30 | 4.77 | 3.72 | 4.13 | 5.55 | 5.93 | 4.27 | 3.86 | 3.88 | 4.39 |

‡ SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 2.--HOUSEHOLD COMPOSITION IN
TERMS OF MEALS AT HOME

NORTH CENTRAL

ALL URBANIZATIONS

| SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 | TOTAL # | PERCENT OF TOTAL MEALS AT HOME | | | | | | | | | | | | |
|---|------------|--------------------------------|-------|----------------|----------------|----------------|----------------------|------------|-------------|-------|-------------|-------|----------------|----------------------|
| | | TOTAL 20 YEARS AND OVER | MEN | | | | | WOMEN | | | | | | |
| | | | TOTAL | 20-34 YEARS | 35-54 YEARS | 55-74 YEARS | 75 YEARS AND OVER | TOTAL # | 20-34 YEARS | | 35-54 YEARS | | 55-74 YEARS | 75 YEARS AND OVER |
| | | | | | | | | | PREGNANT | OTHER | PREGNANT | OTHER | | |
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) | (13) | (14) | (15) |
| ALL HOUSEHOLDS, YEAR----- | 100.0 | 57.7 | 26.4 | 7.1 | 11.1 | 6.8 | 1.4 | 31.3 | .7 | 8.0 | * | 13.0 | 7.5 | 2.1 |
| SPRING----- | 100.0 | 57.3 | 26.4 | 7.1 | 11.4 | 6.2 | 1.6 | 30.9 | .6 | 7.9 | .1 | 13.3 | 7.1 | 1.7 |
| SUMMER----- | 100.0 | 56.9 | 25.9 | 7.7 | 10.2 | 6.8 | 1.3 | 31.0 | .9 | 7.7 | * | 12.7 | 7.7 | 1.9 |
| FALL----- | 100.0 | 60.2 | 27.5 | 7.6 | 11.4 | 7.2 | 1.3 | 32.7 | .9 | 8.1 | .0 | 13.6 | 7.9 | 2.2 |
| WINTER----- | 100.0 | 56.8 | 25.9 | 6.0 | 11.5 | 7.1 | 1.3 | 30.9 | .5 | 8.1 | .1 | 12.3 | 7.5 | 2.5 |
| UNDER 1,000----- | 100.0 | 80.7 | 25.6 | 2.3 | 5.5 | 9.1 | 8.7 | 55.1 | .1 | 4.9 | .0 | 14.0 | 22.9 | 12.9 |
| 1,000-1,999----- | 100.0 | 75.9 | 27.7 | 2.4 | 5.3 | 14.6 | 5.4 | 48.2 | .5 | 3.3 | .0 | 11.0 | 22.9 | 10.6 |
| 2,000-2,999----- | 100.0 | 66.7 | 28.5 | 4.4 | 7.0 | 12.3 | 4.8 | 38.2 | .4 | 4.6 | .0 | 10.9 | 17.2 | 5.1 |
| 3,000-3,999----- | 100.0 | 63.5 | 28.5 | 6.6 | 7.5 | 11.7 | 2.7 | 35.0 | .5 | 8.1 | .0 | 11.0 | 13.7 | 1.6 |
| 4,000-4,999----- | 100.0 | 57.6 | 28.0 | 8.8 | 9.6 | 8.2 | 1.5 | 29.8 | 1.0 | 8.8 | .0 | 10.9 | 7.7 | 1.4 |
| 5,000-5,999----- | 100.0 | 56.1 | 26.6 | 8.4 | 10.2 | 7.2 | .8 | 29.5 | .9 | 8.6 | * | 11.4 | 7.0 | 1.6 |
| 6,000-6,999----- | 100.0 | 54.3 | 25.4 | 8.4 | 11.5 | 5.2 | .4 | 28.9 | .8 | 9.5 | .0 | 13.1 | 4.6 | .8 |
| 7,000-7,999----- | 100.0 | 52.4 | 25.1 | 8.1 | 12.9 | 3.4 | .7 | 27.3 | .8 | 9.8 | .1 | 12.4 | 3.2 | 1.0 |
| 8,000-8,999----- | 100.0 | 55.1 | 25.4 | 6.3 | 13.7 | 4.9 | .5 | 29.7 | 1.1 | 8.5 | * | 14.7 | 4.2 | 1.2 |
| 9,000-9,999----- | 100.0 | 56.6 | 28.4 | 9.1 | 14.5 | 4.2 | .6 | 28.2 | .5 | 8.5 | .0 | 15.1 | 3.3 | .7 |
| 10,000-14,999----- | 100.0 | 53.2 | 25.2 | 6.5 | 14.3 | 4.1 | .3 | 28.0 | .7 | 6.6 | .2 | 15.9 | 3.8 | .7 |
| 15,000 AND OVER----- | 100.0 | 53.6 | 23.8 | 5.8 | 12.8 | 4.7 | .4 | 29.8 | .3 | 7.0 | .1 | 16.9 | 3.8 | 1.6 |

| TOTAL UNDER 20 YEARS | PERCENT OF TOTAL MEALS AT HOME | | | | | | | | | | | | | |
|----------------------------|--------------------------------|-------|-------|-------|------------|------------------|-------|-------|-------|------------|------------------------|------|------|------|
| | BOYS 9-19 YEARS | | | | | GIRLS 9-19 YEARS | | | | | CHILDREN UNDER 9 YEARS | | | |
| | 9-11 | 12-14 | 15-17 | 18-19 | TOTAL + | 9-11 | 12-14 | 15-17 | 18-19 | UNDER 1 | 1-2 | 3-5 | 6-8 | |
| | (16) | (17) | (18) | (19) | (20) | (21) | (22) | (23) | (24) | (25) | (26) | (27) | (28) | (29) |
| -- 42.3 | 3.0 | 3.2 | 2.4 | 1.2 | 10.4 | 3.2 | 3.4 | 2.4 | 1.3 | 2.0 | 4.5 | 7.4 | 8.2 | |
| -- 42.8 | 3.1 | 3.6 | 2.4 | 1.3 | 9.9 | 2.7 | 3.9 | 2.1 | 1.1 | 2.1 | 4.3 | 7.4 | 8.7 | |
| -- 43.1 | 2.8 | 3.3 | 2.8 | 1.3 | 10.4 | 3.0 | 3.1 | 2.8 | 1.4 | 2.1 | 4.4 | 7.1 | 8.8 | |
| -- 39.8 | 2.9 | 2.5 | 2.2 | 1.1 | 10.2 | 2.8 | 3.1 | 2.6 | 1.4 | 1.8 | 4.8 | 7.5 | 6.7 | |
| -- 43.2 | 3.1 | 3.2 | 2.2 | 1.0 | 11.0 | 4.1 | 3.6 | 2.2 | 1.1 | 1.9 | 4.7 | 7.7 | 8.3 | |
| -- 19.3 | 1.0 | 1.2 | .8 | .7 | 3.6 | 1.0 | 1.7 | .7 | .2 | 1.1 | 2.3 | 5.0 | 3.6 | |
| -- 24.1 | .3 | 2.3 | 2.3 | .9 | 6.4 | 1.0 | 2.1 | 1.2 | 2.2 | 2.0 | 1.4 | 2.9 | 5.7 | |
| -- 33.3 | 2.4 | 3.6 | 2.5 | 1.1 | 8.4 | 2.2 | 2.2 | 2.1 | 1.2 | 1.1 | 3.7 | 4.9 | 5.4 | |
| -- 36.4 | 2.7 | 3.2 | 1.4 | 1.3 | 7.6 | 2.8 | 2.1 | 1.3 | 1.2 | 3.0 | 4.3 | 7.1 | 6.0 | |
| -- 42.2 | 2.2 | 2.4 | 2.2 | .7 | 10.0 | 3.0 | 2.9 | 2.2 | 1.7 | 2.1 | 6.3 | 8.0 | 8.3 | |
| -- 43.9 | 2.9 | 2.6 | 2.3 | .8 | 9.9 | 3.3 | 2.5 | 2.4 | 1.3 | 2.7 | 5.2 | 9.4 | 6.1 | |
| -- 45.7 | 3.2 | 3.1 | 1.8 | .8 | 11.2 | 3.6 | 3.6 | 2.7 | 1.3 | 1.8 | 5.4 | 8.6 | 9.7 | |
| -- 47.6 | 3.5 | 2.9 | 2.7 | 1.0 | 10.9 | 3.5 | 3.8 | 2.3 | 1.3 | 2.1 | 5.5 | 9.4 | 9.7 | |
| -- 44.9 | 3.5 | 3.4 | 3.7 | 1.9 | 11.4 | 2.7 | 4.8 | 2.7 | 1.1 | 1.7 | 4.6 | 7.0 | 7.7 | |
| -- 43.4 | 2.9 | 3.9 | 1.7 | 1.4 | 11.0 | 3.4 | 4.3 | 2.6 | .8 | 1.7 | 4.3 | 8.0 | 8.5 | |
| -- 46.8 | 4.0 | 4.1 | 3.1 | 1.8 | 13.4 | 4.8 | 4.5 | 3.4 | .7 | 1.9 | 3.0 | 6.1 | 9.4 | |
| -- 46.4 | 3.0 | 3.8 | 4.4 | 1.7 | 11.8 | 2.6 | 4.6 | 3.7 | .9 | 2.2 | 4.4 | 7.2 | 7.8 | |

* SEE NOTES FOLLOWING WEST, TABLE 18.

YEAR BY SEASON 1965-1966 AND BY INCOME

TABLE 2.--HOUSEHOLD COMPOSITION IN
TERMS OF MEALS AT HOME

NORTH CENTRAL

DE 347

| SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 | TOTAL # | PERCENT OF TOTAL MEALS AT HOME | | | | | | | | | | | | |
|---|------------|--------------------------------|------------|----------------|----------------|----------------|----------------------|------------|-------------|-------|-------------|-------|----------------|----------------------|
| | | TOTAL 20 YEARS AND OVER | MEN | | | | | WOMEN | | | | | | |
| | | | TOTAL . | 20-34 YEARS | 35-54 YEARS | 55-74 YEARS | 75 YEARS AND OVER | TOTAL # | 20-34 YEARS | | 35-54 YEARS | | 55-74 YEARS | 75 YEARS AND OVER |
| | | | | | | | | | PREGNANT | OTHER | PREGNANT | OTHER | | |
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) | (13) | (14) | (15) |
| ALL HOUSEHOLDS, YEAR- | 100.0 | 58.0 | 25.8 | 7.5 | 10.9 | 6.3 | 1.2 | 32.2 | .9 | 8.2 | .1 | 13.2 | 7.5 | 2.3 |
| SPRING----- | 100.0 | 57.3 | 25.5 | 7.6 | 11.0 | 5.6 | 1.3 | 31.8 | .8 | 8.4 | .1 | 13.6 | 7.2 | 1.5 |
| SUMMER----- | 100.0 | 55.9 | 24.5 | 8.0 | 9.9 | 5.7 | .8 | 31.4 | 1.1 | 8.2 | .0 | 12.9 | 6.9 | 2.2 |
| FALL----- | 100.0 | 60.8 | 27.5 | 8.1 | 11.2 | 6.9 | 1.4 | 33.3 | .9 | 8.4 | .0 | 13.4 | 8.0 | 2.5 |
| WINTER----- | 100.0 | 58.2 | 25.8 | 6.2 | 11.5 | 7.1 | 1.1 | 32.4 | .7 | 7.9 | .1 | 13.0 | 7.9 | 2.8 |
| UNDER 1,000----- | 100.0 | 78.8 | 15.7 | 2.9 | 2.8 | 5.3 | 4.7 | 63.1 | .0 | 9.2 | .0 | 13.3 | 25.3 | 15.3 |
| 1,000-1,999----- | 100.0 | 75.3 | 25.4 | 2.2 | 4.4 | 12.1 | 6.7 | 49.9 | .8 | 3.4 | .0 | 10.3 | 24.0 | 11.4 |
| 2,000-2,999----- | 100.0 | 67.4 | 26.0 | 4.2 | 6.7 | 10.4 | 4.7 | 41.4 | .4 | 5.0 | .0 | 12.0 | 17.7 | 6.1 |
| 3,000-3,999----- | 100.0 | 66.8 | 27.2 | 7.9 | 4.2 | 12.2 | 2.8 | 39.6 | .9 | 9.9 | .0 | 9.9 | 16.5 | 2.4 |
| 4,000-4,999----- | 100.0 | 59.4 | 27.5 | 8.9 | 9.2 | 8.2 | 1.2 | 31.9 | 1.8 | 8.9 | .0 | 10.8 | 8.4 | 2.0 |
| 5,000-5,999----- | 100.0 | 56.9 | 26.4 | 9.1 | 9.1 | 7.5 | .8 | 30.5 | 1.1 | 9.0 | * | 11.1 | 7.4 | 1.9 |
| 6,000-6,999----- | 100.0 | 54.7 | 25.5 | 8.5 | 11.6 | 5.2 | .2 | 29.2 | .7 | 9.1 | .0 | 13.4 | 4.9 | 1.1 |
| 7,000-7,999----- | 100.0 | 52.8 | 24.9 | 7.9 | 13.0 | 3.2 | .9 | 27.9 | 1.1 | 9.7 | .2 | 12.4 | 3.4 | 1.0 |
| 8,000-8,999----- | 100.0 | 56.5 | 25.9 | 6.9 | 13.9 | 4.7 | .4 | 30.6 | 1.4 | 8.5 | .0 | 15.3 | 4.2 | 1.2 |
| 9,000-9,999----- | 100.0 | 57.7 | 28.9 | 10.1 | 13.2 | 5.0 | .6 | 28.8 | .4 | 8.9 | .0 | 14.8 | 3.9 | .8 |
| 10,000-14,999----- | 100.0 | 53.2 | 25.2 | 6.4 | 14.5 | 4.1 | .2 | 28.0 | .7 | 6.2 | .2 | 16.1 | 3.8 | .7 |
| 15,000 AND OVER---- | 100.0 | 55.8 | 24.4 | 6.2 | 12.9 | 5.0 | .3 | 31.4 | .4 | 7.3 | .0 | 17.7 | 4.2 | 1.8 |

| TOTAL UNDER 20 YEARS | PERCENT OF TOTAL MEALS AT HOME | | | | | | | | | | | | |
|----------------------------|--------------------------------|-------|-------|-------|------------------|------|-------|-------|-------|------------------------|------|------|------|
| | BOYS 9-19 YEARS | | | | GIRLS 9-19 YEARS | | | | | CHILDREN UNDER 9 YEARS | | | |
| | 9-11 | 12-14 | 15-17 | 18-19 | TOTAL ‡ | 9-11 | 12-14 | 15-17 | 18-19 | UNDER 1 | 1-2 | 3-5 | 6-8 |
| | (16) | (17) | (18) | (19) | (20) | (21) | (22) | (23) | (24) | (25) | (26) | (27) | (28) |
| -- 42.0 | 2.9 | 2.9 | 2.3 | 1.3 | 10.4 | 3.3 | 3.3 | 2.4 | 1.3 | 2.0 | 4.7 | 7.3 | 8.1 |
| -- 42.7 | 2.9 | 3.5 | 2.3 | 1.3 | 9.9 | 2.8 | 3.9 | 2.0 | 1.0 | 2.1 | 4.7 | 7.4 | 8.5 |
| -- 44.1 | 2.8 | 3.1 | 2.7 | 1.5 | 10.6 | 3.3 | 2.9 | 2.7 | 1.6 | 2.4 | 4.4 | 7.0 | 9.6 |
| -- 39.2 | 2.9 | 2.1 | 1.7 | 1.3 | 10.5 | 3.1 | 3.1 | 2.6 | 1.4 | 1.8 | 5.1 | 7.2 | 6.6 |
| -- 41.8 | 3.0 | 3.0 | 2.4 | 1.2 | 10.6 | 4.1 | 3.2 | 2.1 | 1.0 | 1.7 | 4.8 | 7.6 | 7.6 |
| -- 21.2 | 1.2 | .9 | .5 | .7 | 1.8 | .7 | 1.2 | .0 | .0 | .7 | 3.9 | 7.9 | 3.7 |
| -- 24.7 | .0 | 1.2 | 1.2 | .4 | 8.2 | 1.0 | 3.0 | 1.4 | 2.8 | 3.1 | 1.6 | 2.8 | 6.3 |
| -- 32.6 | 1.8 | 3.7 | 3.3 | 1.3 | 9.4 | 2.3 | 2.3 | 2.1 | 1.4 | .8 | 3.0 | 4.2 | 5.0 |
| -- 33.2 | 2.2 | 2.0 | 1.3 | 1.3 | 6.7 | 2.5 | 1.9 | 1.2 | .8 | 3.8 | 5.0 | 6.4 | 4.5 |
| -- 40.7 | 2.1 | 2.0 | 2.3 | .4 | 9.1 | 4.0 | 1.7 | 2.4 | 1.0 | 1.8 | 6.6 | 7.8 | 8.5 |
| -- 43.0 | 3.0 | 2.6 | 1.2 | .7 | 9.2 | 3.2 | 1.9 | 2.2 | 1.4 | 2.8 | 5.2 | 10.0 | 8.3 |
| -- 45.3 | 2.9 | 3.1 | 1.8 | 1.1 | 11.5 | 3.6 | 3.6 | 2.7 | 1.6 | 1.4 | 5.4 | 8.0 | 10.2 |
| -- 47.2 | 3.5 | 2.6 | 2.8 | 1.0 | 10.6 | 3.1 | 3.8 | 2.6 | 1.1 | 2.0 | 5.9 | 9.6 | 9.1 |
| -- 43.5 | 3.2 | 2.5 | 3.8 | 2.4 | 10.9 | 2.9 | 4.6 | 2.1 | 1.3 | 1.5 | 5.2 | 7.1 | 7.0 |
| -- 42.4 | 3.1 | 3.8 | 1.7 | 1.4 | 9.9 | 3.7 | 3.7 | 1.8 | .7 | 2.3 | 5.3 | 7.5 | 7.4 |
| -- 40.8 | 3.7 | 4.2 | 3.1 | 2.1 | 14.1 | 5.6 | 4.7 | 3.1 | .7 | 2.0 | 2.8 | 5.2 | 9.6 |
| -- 44.2 | 3.2 | 2.7 | 4.0 | 1.7 | 11.5 | 2.6 | 4.3 | 3.6 | 1.0 | 2.1 | 4.7 | 7.2 | 6.9 |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 2.--HOUSEHOLD COMPOSITION IN
TERMS OF MEALS AT HOME

NORTH CENTRAL

RURAL NONFARM

| SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 | TOTAL † | PERCENT OF TOTAL MEALS AT HOME | | | | | | | | | | | | |
|---|------------|--------------------------------|-------|----------------|----------------|----------------|----------------------|-------|-------------|-------|-------------|-------|----------------|----------------------|
| | | TOTAL 20 YEARS AND OVER | MEN | | | | | WOMEN | | | | | | |
| | | | TOTAL | 20-34 YEARS | 35-54 YEARS | 55-74 YEARS | 75 YEARS AND OVER | TOTAL | 20-34 YEARS | | 35-54 YEARS | | 55-74 YEARS | 75 YEARS AND OVER |
| | | | | | | | | | PREGNANT | OTHER | PREGNANT | OTHER | | |
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) | (13) | (14) | (15) |
| ALL HOUSEHOLDS, YEAR-- | 100.0 | 56.7 | 26.5 | 7.0 | 10.7 | 7.0 | 1.8 | 30.2 | .4 | 8.1 | .0 | 12.1 | 7.8 | 1.7 |
| SPRING----- | 100.0 | 57.2 | 27.3 | 6.8 | 11.3 | 6.8 | 2.3 | 29.9 | .3 | 7.9 | .0 | 12.7 | 7.1 | 2.0 |
| SUMMER----- | 100.0 | 59.3 | 27.9 | 7.4 | 9.9 | 8.3 | 2.2 | 31.4 | .4 | 7.3 | .0 | 11.9 | 10.3 | 1.4 |
| FALL----- | 100.0 | 58.1 | 26.2 | 7.5 | 10.9 | 6.7 | 1.1 | 31.9 | 1.0 | 8.2 | .0 | 13.8 | 7.4 | 1.6 |
| WINTER----- | 100.0 | 52.3 | 24.5 | 6.2 | 10.7 | 6.0 | 1.6 | 27.8 | .0 | 9.2 | .0 | 10.3 | 6.3 | 1.9 |
| UNDER 1,000----- | 100.0 | 99.6 | 36.3 | .0 | 2.0 | 12.8 | 21.5 | 63.3 | .0 | .0 | .0 | 16.0 | 27.4 | 19.9 |
| 1,000-1,999----- | 100.0 | 81.8 | 28.4 | 1.7 | 3.7 | 19.3 | 3.7 | 53.4 | .0 | 1.6 | .0 | 10.6 | 27.5 | 13.6 |
| 2,000-2,999----- | 100.0 | 67.0 | 30.5 | 3.6 | 4.3 | 16.0 | 6.5 | 36.5 | .0 | 2.8 | .0 | 8.2 | 21.2 | 4.3 |
| 3,000-3,999----- | 100.0 | 59.8 | 29.8 | 5.6 | 8.9 | 11.9 | 3.3 | 30.0 | .0 | 6.7 | .0 | 11.2 | 11.6 | .5 |
| 4,000-4,999----- | 100.0 | 55.4 | 28.4 | 10.3 | 8.5 | 8.0 | 1.7 | 27.0 | .0 | 9.7 | .0 | 9.8 | 7.1 | .4 |
| 5,000-5,999----- | 100.0 | 53.1 | 25.7 | 7.6 | 11.8 | 5.7 | .6 | 27.4 | .6 | 8.9 | .0 | 11.4 | 5.6 | .8 |
| 6,000-6,999----- | 100.0 | 52.2 | 24.0 | 9.1 | 10.5 | 3.8 | .6 | 28.2 | 1.1 | 11.2 | .0 | 12.2 | 3.6 | * |
| 7,000-9,999----- | 100.0 | 50.7 | 24.5 | 7.4 | 13.2 | 3.5 | .4 | 26.2 | .3 | 9.8 | .0 | 12.7 | 2.7 | .7 |
| 10,000 AND OVER---- | 100.0 | 52.8 | 24.2 | 6.7 | 13.5 | 3.3 | .7 | 28.6 | .6 | 8.5 | .0 | 15.2 | 3.6 | .7 |

| TOTAL UNDER 20 YEARS | PERCENT OF TOTAL MEALS AT HOME | | | | | | | | | | | | |
|----------------------------|--------------------------------|-------|-------|-------|------------------|------|-------|-------|-------|------------------------|------|------|------|
| | BOYS 9-19 YEARS | | | | GIRLS 9-19 YEARS | | | | | CHILDREN UNDER 9 YEARS | | | |
| | 9-11 | 12-14 | 15-17 | 18-19 | TOTAL † | 9-11 | 12-14 | 15-17 | 18-19 | UNDER 1 | 1-2 | 3-5 | 6-8 |
| | (16) | (17) | (18) | (19) | (20) | (21) | (22) | (23) | (24) | (25) | (26) | (27) | (28) |
| -- 43.3 | 3.0 | 3.4 | 2.5 | .6 | 10.3 | 2.7 | 3.6 | 2.6 | 1.4 | 2.2 | 4.4 | 8.3 | 8.5 |
| -- 42.8 | 3.3 | 3.3 | 2.3 | 1.1 | 9.5 | 2.4 | 3.6 | 2.2 | 1.3 | 2.3 | 3.5 | 7.9 | 9.5 |
| -- 40.7 | 2.3 | 3.5 | 2.9 | .7 | 9.5 | 2.1 | 3.1 | 3.1 | 1.0 | 1.7 | 4.9 | 8.0 | 7.3 |
| -- 41.8 | 2.9 | 3.2 | 3.2 | .4 | 9.2 | 1.8 | 3.0 | 2.7 | 1.7 | 2.1 | 4.7 | 9.1 | 7.0 |
| -- 47.8 | 3.5 | 3.8 | 1.7 | .3 | 12.6 | 4.3 | 4.5 | 2.3 | 1.6 | 2.8 | 4.7 | 8.2 | 10.1 |
| -- .4 | .0 | .0 | .0 | .0 | .1 | .0 | .1 | .0 | .0 | .0 | .0 | .0 | .3 |
| -- 18.2 | .0 | 4.4 | 4.8 | 1.5 | 2.4 | .4 | .4 | .3 | 1.3 | .1 | .0 | 1.3 | 3.7 |
| -- 33.0 | 3.6 | 3.5 | 1.3 | 1.2 | 5.6 | .8 | 1.4 | 2.5 | .9 | 1.8 | 4.7 | 5.5 | 5.9 |
| -- 40.2 | 3.1 | 4.2 | .9 | .5 | 8.0 | 2.9 | 1.8 | 1.2 | 2.2 | 2.4 | 4.0 | 9.4 | 7.7 |
| -- 44.6 | 1.9 | 2.7 | 1.4 | .8 | 11.1 | 1.3 | 4.1 | 2.0 | 3.2 | 2.7 | 6.7 | 8.6 | 8.7 |
| -- 46.9 | 3.0 | 2.4 | 4.2 | 1.0 | 11.2 | 3.6 | 3.5 | 2.7 | 1.5 | 2.5 | 5.8 | 9.1 | 7.6 |
| -- 47.7 | 4.0 | 3.3 | 1.5 | .0 | 10.2 | 3.4 | 3.8 | 2.5 | .6 | 3.3 | 5.7 | 10.8 | 9.0 |
| -- 49.3 | 3.2 | 4.4 | 2.3 | .7 | 12.5 | 3.5 | 4.7 | 3.0 | 1.3 | 1.8 | 3.6 | 9.2 | 11.6 |
| -- 47.2 | 4.7 | 4.7 | 3.0 | .4 | 10.6 | 1.8 | 4.2 | 4.2 | .5 | 2.3 | 3.4 | 9.6 | 8.4 |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 2.--HOUSEHOLD COMPOSITION IN
TERMS OF MEALS AT HOME

NORTH CENTRAL

RURAL FARM

| SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 | TOTAL * | PERCENT OF TOTAL MEALS AT HOME | | | | | | | | | | | | |
|---|------------|--------------------------------|-------|----------------|----------------|----------------|----------------------|------------|-------------|-------|-------------|-------|----------------|----------------------|
| | | TOTAL 20 YEARS AND OVER | MEN | | | | | WOMEN | | | | | | |
| | | | TOTAL | 20-34 YEARS | 35-54 YEARS | 55-74 YEARS | 75 YEARS AND OVER | TOTAL * | 20-34 YEARS | | 35-54 YEARS | | 55-74 YEARS | 75 YEARS AND OVER |
| | | | | | | | | | PREGNANT | OTHER | PREGNANT | OTHER | | |
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) | (13) | (14) | (15) |
| ALL HOUSEHOLDS, YEAR- | 100.0 | 58.8 | 30.1 | 5.2 | 13.6 | 9.6 | 1.7 | 28.7 | .4 | 5.8 | .1 | 13.6 | 7.2 | 1.6 |
| SPRING----- | 100.0 | 56.8 | 29.4 | 5.3 | 14.0 | 8.3 | 1.7 | 27.4 | .3 | 5.4 | .1 | 13.1 | 6.5 | 1.8 |
| SUMMER----- | 100.0 | 57.5 | 29.8 | 6.3 | 12.6 | 9.2 | 1.7 | 27.7 | .3 | 6.3 | .1 | 13.1 | 6.3 | 1.5 |
| FALL----- | 100.0 | 61.2 | 30.6 | 4.8 | 14.2 | 10.2 | 1.4 | 30.6 | .7 | 5.5 | .0 | 14.3 | 8.3 | 1.6 |
| WINTER----- | 100.0 | 60.9 | 30.9 | 4.2 | 13.8 | 11.1 | 1.9 | 30.0 | .4 | 6.1 | .0 | 13.9 | 8.3 | 1.3 |
| UNDER 1,000----- | 100.0 | 65.7 | 32.6 | 3.5 | 13.6 | 12.3 | 3.2 | 33.1 | .3 | 2.3 | .0 | 13.5 | 14.1 | 1.8 |
| 1,000-1,999----- | 100.0 | 69.3 | 33.9 | 4.0 | 10.4 | 15.7 | 3.7 | 35.4 | .0 | 5.4 | .0 | 13.7 | 12.6 | 3.7 |
| 2,000-2,999----- | 100.0 | 64.3 | 33.6 | 6.0 | 12.2 | 13.2 | 2.3 | 30.7 | 1.1 | 5.9 | .0 | 11.2 | 9.6 | 3.0 |
| 3,000-3,999----- | 100.0 | 60.1 | 30.5 | 4.2 | 15.1 | 10.1 | 1.2 | 29.6 | .3 | 5.2 | .0 | 13.9 | 8.7 | 1.3 |
| 4,000-4,999----- | 100.0 | 57.6 | 29.1 | 5.0 | 13.3 | 8.9 | 1.9 | 28.5 | .4 | 6.4 | .0 | 13.7 | 6.5 | 1.5 |
| 5,000-5,999----- | 100.0 | 60.3 | 30.7 | 6.1 | 13.0 | 10.1 | 1.6 | 29.6 | .1 | 5.4 | .1 | 13.0 | 9.3 | 1.6 |
| 6,000-6,999----- | 100.0 | 56.7 | 29.3 | 4.4 | 14.0 | 9.5 | 1.4 | 27.4 | .7 | 7.5 | .0 | 13.1 | 5.5 | .5 |
| 7,000-9,999----- | 100.0 | 56.4 | 28.6 | 5.7 | 16.0 | 5.8 | 1.1 | 27.8 | .4 | 6.0 | .1 | 16.1 | 3.7 | 1.5 |
| 10,000 AND OVER---- | 100.0 | 48.0 | 24.6 | 5.2 | 13.0 | 5.6 | .7 | 23.4 | .2 | 5.5 | .4 | 13.5 | 2.8 | .9 |

| | TOTAL UNDER 20 YEARS (16) | PERCENT OF TOTAL MEALS AT HOME | | | | | | | | | | | | |
|-----------------------|--|--------------------------------|-------|-------|-------|------------------|------|-------|-------|-------|------------------------|------|------|------|
| | | BOYS 9-19 YEARS | | | | GIRLS 9-19 YEARS | | | | | CHILDREN UNDER 9 YEARS | | | |
| | | 9-11 | 12-14 | 15-17 | 18-19 | TOTAL + | 9-11 | 12-14 | 15-17 | 18-19 | UNDER 1 | 1-2 | 3-5 | 6-8 |
| | | (17) | (18) | (19) | (20) | (21) | (22) | (23) | (24) | (25) | (26) | (27) | (28) | (29) |
| ALL HOUSEHOLDS, YEAR- | 41.2 | 3.4 | 4.0 | 3.0 | 1.6 | 10.5 | 3.2 | 3.8 | 2.6 | .9 | 1.5 | 3.5 | 6.0 | 7.6 |
| SPRING----- | 43.2 | 3.5 | 4.7 | 3.5 | 1.5 | 10.8 | 3.0 | 4.4 | 2.6 | .7 | 1.7 | 3.3 | 6.3 | 7.9 |
| SUMMER----- | 42.6 | 3.8 | 4.5 | 3.2 | 1.3 | 11.4 | 3.3 | 3.8 | 3.1 | 1.1 | 1.7 | 3.8 | 5.2 | 7.6 |
| FALL----- | 38.8 | 3.3 | 3.5 | 2.8 | 1.7 | 9.9 | 3.1 | 3.0 | 2.8 | 1.0 | 1.4 | 3.0 | 6.1 | 7.1 |
| WINTER----- | 39.1 | 2.6 | 2.7 | 2.5 | 2.0 | 9.6 | 3.4 | 3.8 | 1.9 | .5 | 1.3 | 3.7 | 6.8 | 8.0 |
| UNDER 1,000----- | 34.3 | 1.7 | 2.7 | 2.3 | 1.6 | 10.1 | 2.5 | 4.4 | 2.6 | .7 | 2.8 | 1.5 | 5.0 | 6.7 |
| 1,000-1,999----- | 30.8 | 1.6 | 2.6 | 2.3 | 1.7 | 6.7 | 1.8 | 1.8 | 1.8 | 1.3 | 1.1 | 2.6 | 5.3 | 6.8 |
| 2,000-2,999----- | 35.7 | 2.6 | 3.5 | 1.9 | .6 | 9.3 | 3.9 | 3.1 | 1.4 | .9 | 1.2 | 4.7 | 6.2 | 5.8 |
| 3,000-3,999----- | 39.9 | 3.4 | 5.0 | 2.3 | 2.5 | 9.8 | 3.5 | 3.3 | 1.9 | 1.1 | 1.3 | 2.4 | 5.5 | 7.8 |
| 4,000-4,999----- | 42.4 | 3.4 | 3.3 | 3.6 | 1.4 | 10.4 | 3.3 | 4.3 | 1.7 | 1.0 | 1.8 | 4.1 | 7.7 | 6.6 |
| 5,000-5,999----- | 39.7 | 2.5 | 3.3 | 3.4 | 1.1 | 10.0 | 2.9 | 3.5 | 3.2 | .4 | 2.0 | 2.7 | 6.4 | 8.3 |
| 6,000-6,999----- | 43.3 | 4.0 | 2.5 | 2.7 | .6 | 12.0 | 4.1 | 3.8 | 3.5 | .7 | 1.6 | 4.9 | 7.9 | 7.2 |
| 7,000-9,999----- | 43.6 | 5.1 | 4.7 | 3.3 | 2.7 | 11.1 | 3.0 | 4.3 | 2.8 | .7 | 1.4 | 3.3 | 4.7 | 7.3 |
| 10,000 AND OVER---- | 52.0 | 4.0 | 5.3 | 4.6 | 2.1 | 12.6 | 2.7 | 4.5 | 4.4 | 1.0 | 1.1 | 4.1 | 6.8 | 11.4 |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 3.--NUTRITIVE VALUE OF DIETS
PER PERSON

NORTH CENTRAL

BY URBANIZATION

| SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 (1) | AVERAGE PER DAY | | | | | | | | | | |
|--|-----------------|---------|-------|-------------------|---------|------|-----------------------|---------|-----------------|--------|------------------|
| | FOOD ENERGY | PROTEIN | FAT | CARBU- HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO- FLAVIN | NIACIN | ASCORBIC ACID |
| | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) |
| | CAL | G | G | G | MG | MG | IU | MG | MG | MG | MG |
| * ALL URBANIZATIONS | | | | | | | | | | | |
| ALL HOUSEHOLDS, YEAR-- | 3,175 | 105.4 | 151.9 | 351.3 | 1,116 | 19.0 | 7,080 | 1.54 | 2.39 | 25.0 | 100 |
| SPRING----- | 3,202 | 107.2 | 155.1 | 348.2 | 1,102 | 19.4 | 7,070 | 1.57 | 2.39 | 25.4 | 99 |
| SUMMER----- | 3,223 | 105.5 | 153.6 | 360.8 | 1,114 | 18.9 | 7,280 | 1.54 | 2.39 | 25.1 | 106 |
| FALL----- | 3,165 | 105.5 | 151.9 | 347.5 | 1,120 | 18.9 | 6,990 | 1.53 | 2.38 | 25.2 | 91 |
| WINTER----- | 3,103 | 103.2 | 146.5 | 348.1 | 1,127 | 18.7 | 6,940 | 1.52 | 2.37 | 24.3 | 104 |
| UNDER 1,000----- | 2,966 | 94.2 | 134.1 | 353.1 | 985 | 19.1 | 6,300 | 1.45 | 2.17 | 22.8 | 82 |
| 1,000-1,999----- | 3,020 | 99.1 | 139.5 | 347.8 | 1,052 | 19.1 | 6,980 | 1.49 | 2.27 | 23.9 | 92 |
| 2,000-2,999----- | 3,299 | 104.3 | 148.9 | 391.9 | 1,106 | 19.7 | 7,430 | 1.58 | 2.41 | 25.2 | 87 |
| 3,000-3,999----- | 3,007 | 98.8 | 141.3 | 341.7 | 1,048 | 18.6 | 7,200 | 1.46 | 2.28 | 23.9 | 87 |
| 4,000-4,999----- | 3,243 | 106.2 | 151.8 | 369.9 | 1,096 | 19.7 | 7,150 | 1.58 | 2.36 | 25.6 | 99 |
| 5,000-5,999----- | 3,127 | 103.4 | 148.2 | 350.7 | 1,079 | 19.1 | 7,000 | 1.53 | 2.34 | 24.9 | 92 |
| 6,000-6,999----- | 3,172 | 107.5 | 154.5 | 342.5 | 1,124 | 19.0 | 6,960 | 1.54 | 2.41 | 25.1 | 99 |
| 7,000-7,999----- | 3,185 | 107.5 | 152.9 | 348.4 | 1,148 | 18.9 | 7,050 | 1.57 | 2.44 | 25.4 | 104 |
| 8,000-8,999----- | 3,281 | 109.5 | 160.7 | 353.2 | 1,154 | 19.1 | 6,990 | 1.57 | 2.45 | 25.4 | 103 |
| 9,000-9,999----- | 3,146 | 103.6 | 152.3 | 346.9 | 1,160 | 18.0 | 6,510 | 1.50 | 2.36 | 24.2 | 109 |
| 10,000-14,999----- | 3,284 | 108.8 | 159.1 | 357.1 | 1,178 | 19.0 | 7,410 | 1.58 | 2.49 | 25.8 | 115 |
| 15,000 AND OVER---- | 3,146 | 109.1 | 157.2 | 322.6 | 1,162 | 18.9 | 8,130 | 1.54 | 2.47 | 24.4 | 119 |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 3.--NUTRITIVE VALUE OF DIETS
PER PERSON--CONTINUED

NORTH CENTRAL

BY URBANIZATION

| SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 | AVERAGE PER DAY | | | | | | | | | | | |
|---|-----------------|---------|-------|-------------------|---------|------|-----------------------|---------|-----------------|--------|------------------|------|
| | FOOD ENERGY | PROTEIN | FAT | CARBO- HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO- FLAVIN | NIACIN | ASCORBIC ACID | |
| | (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) |
| URBAN | CAL | G | G | G | MG | MG | IU | MG | MG | MG | MG | |
| ALL HOUSEHOLDS, YEAR- | 3,061 | 103.0 | 148.1 | 332.2 | 1,084 | 18.4 | 6,970 | 1.50 | 2.32 | 24.5 | 99 | |
| SPRING----- | 3,083 | 104.8 | 151.2 | 327.6 | 1,067 | 18.9 | 7,080 | 1.52 | 2.33 | 24.9 | 98 | |
| SUMMER----- | 3,019 | 100.1 | 145.4 | 332.4 | 1,066 | 17.8 | 6,940 | 1.45 | 2.28 | 23.8 | 100 | |
| FALL----- | 3,118 | 105.1 | 151.4 | 335.9 | 1,106 | 18.6 | 6,940 | 1.51 | 2.36 | 25.3 | 91 | |
| WINTER----- | 3,025 | 102.0 | 144.3 | 333.2 | 1,099 | 18.4 | 6,910 | 1.49 | 2.32 | 24.1 | 104 | |
| UNDER 1,000----- | 2,510 | 86.9 | 116.6 | 283.9 | 890 | 17.3 | 6,170 | 1.23 | 2.00 | 20.4 | 74 | |
| 1,000-1,999----- | 2,789 | 93.0 | 130.3 | 315.1 | 977 | 18.1 | 6,820 | 1.39 | 2.08 | 22.9 | 93 | |
| 2,000-2,999----- | 3,070 | 100.0 | 143.6 | 348.1 | 1,061 | 18.7 | 7,030 | 1.50 | 2.30 | 24.2 | 86 | |
| 3,000-3,999----- | 2,742 | 93.3 | 131.4 | 302.2 | 994 | 17.7 | 7,040 | 1.33 | 2.13 | 23.0 | 81 | |
| 4,000-4,999----- | 3,170 | 106.3 | 150.0 | 354.6 | 1,104 | 19.5 | 7,420 | 1.55 | 2.36 | 25.6 | 97 | |
| 5,000-5,999----- | 3,005 | 100.7 | 144.2 | 330.7 | 1,026 | 18.5 | 6,720 | 1.48 | 2.23 | 24.3 | 87 | |
| 6,000-6,999----- | 3,046 | 104.8 | 148.5 | 326.2 | 1,094 | 18.5 | 6,740 | 1.50 | 2.35 | 24.6 | 98 | |
| 7,000-7,999----- | 3,115 | 105.1 | 151.2 | 336.0 | 1,105 | 18.4 | 6,960 | 1.53 | 2.39 | 25.0 | 99 | |
| 8,000-8,999----- | 3,166 | 105.5 | 155.8 | 337.6 | 1,107 | 18.4 | 6,800 | 1.50 | 2.36 | 24.9 | 97 | |
| 9,000-9,999----- | 2,907 | 96.5 | 141.2 | 318.2 | 1,079 | 16.8 | 6,050 | 1.41 | 2.22 | 22.9 | 97 | |
| 10,000-14,999----- | 3,270 | 108.6 | 158.3 | 354.5 | 1,178 | 19.0 | 7,600 | 1.58 | 2.49 | 26.0 | 117 | |
| 15,000 AND OVER---- | 3,010 | 106.9 | 150.8 | 304.3 | 1,110 | 18.6 | 8,140 | 1.51 | 2.40 | 24.0 | 123 | |
| RURAL NONFARM | | | | | | | | | | | | |
| ALL HOUSEHOLDS, YEAR- | 3,266 | 106.9 | 153.5 | 370.8 | 1,158 | 19.5 | 7,080 | 1.58 | 2.44 | 25.5 | 103 | |
| SPRING----- | 3,329 | 109.3 | 158.1 | 373.9 | 1,162 | 19.9 | 6,970 | 1.61 | 2.47 | 26.0 | 103 | |
| SUMMER----- | 3,476 | 112.6 | 164.3 | 394.7 | 1,177 | 20.4 | 7,610 | 1.64 | 2.53 | 27.1 | 114 | |
| FALL----- | 3,078 | 102.2 | 144.1 | 348.6 | 1,135 | 18.6 | 6,870 | 1.50 | 2.37 | 24.4 | 93 | |
| WINTER----- | 3,155 | 103.0 | 146.4 | 363.0 | 1,154 | 18.8 | 6,810 | 1.55 | 2.39 | 24.3 | 102 | |
| UNDER 1,000----- | 2,828 | 85.4 | 127.9 | 340.4 | 848 | 19.6 | 5,410 | 1.41 | 1.89 | 22.1 | 91 | |
| 1,000-1,999----- | 3,047 | 97.8 | 135.7 | 366.2 | 1,076 | 19.5 | 7,100 | 1.48 | 2.38 | 24.3 | 88 | |
| 2,000-2,999----- | 3,447 | 102.2 | 144.5 | 445.0 | 1,089 | 20.2 | 7,990 | 1.57 | 2.40 | 25.7 | 86 | |
| 3,000-3,999----- | 3,118 | 100.9 | 143.6 | 361.9 | 1,072 | 19.0 | 7,220 | 1.55 | 2.35 | 24.5 | 93 | |
| 4,000-4,999----- | 3,238 | 104.1 | 150.5 | 373.7 | 1,051 | 19.6 | 6,480 | 1.57 | 2.28 | 25.5 | 99 | |
| 5,000-5,999----- | 3,243 | 105.8 | 149.9 | 374.7 | 1,159 | 19.7 | 7,490 | 1.60 | 2.50 | 25.6 | 102 | |
| 6,000-6,999----- | 3,398 | 112.3 | 167.0 | 368.5 | 1,194 | 19.9 | 7,290 | 1.60 | 2.53 | 26.1 | 99 | |
| 7,000-9,999----- | 3,357 | 113.4 | 160.5 | 371.6 | 1,262 | 19.8 | 7,140 | 1.65 | 2.56 | 26.0 | 122 | |
| 10,000 AND OVER---- | 3,320 | 110.5 | 162.7 | 357.7 | 1,245 | 18.8 | 6,670 | 1.55 | 2.51 | 25.4 | 103 | |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 3.--NUTRITIVE VALUE OF DIETS
PER PERSON--CONTINUED

NORTH CENTRAL

BY ORGANIZATION

| SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 (1) | AVERAGE PER DAY | | | | | | | | | | |
|--|-----------------|---------|-------|-------------------|---------|------|-----------------------|---------|-----------------|--------|------------------|
| | FOOD ENERGY | PROTEIN | FAT | CARBO- HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO- FLAVIN | NIACIN | ASCORBIC ACID |
| | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) |
| | CAL | G | G | G | MG | MG | IU | MG | MG | MG | MG |
| RURAL FARM--ALL FOOD | | | | | | | | | | | |
| ALL HOUSEHOLDS, YEAR-- | 3,712 | 117.7 | 173.3 | 430.3 | 1,225 | 21.7 | 7,810 | 1.76 | 2.68 | 27.0 | 104 |
| SPRING----- | 3,679 | 117.6 | 173.3 | 420.9 | 1,192 | 21.9 | 7,240 | 1.75 | 2.61 | 26.7 | 96 |
| SUMMER----- | 3,861 | 121.9 | 178.7 | 452.5 | 1,265 | 22.4 | 8,540 | 1.83 | 2.78 | 28.3 | 125 |
| FALL----- | 3,682 | 116.3 | 173.6 | 423.5 | 1,182 | 21.4 | 7,650 | 1.72 | 2.62 | 26.6 | 89 |
| WINTER----- | 3,568 | 113.3 | 164.6 | 418.1 | 1,264 | 20.8 | 7,690 | 1.73 | 2.67 | 25.7 | 102 |
| UNDER 1,000----- | 3,904 | 115.7 | 171.0 | 487.5 | 1,286 | 22.0 | 7,430 | 1.86 | 2.75 | 27.7 | 87 |
| 1,000-1,999----- | 3,693 | 119.6 | 173.4 | 422.4 | 1,247 | 21.8 | 7,340 | 1.79 | 2.70 | 26.5 | 93 |
| 2,000-2,999----- | 3,804 | 120.5 | 172.1 | 453.2 | 1,272 | 22.4 | 7,890 | 1.83 | 2.79 | 27.4 | 94 |
| 3,000-3,999----- | 3,650 | 112.7 | 168.8 | 430.9 | 1,179 | 20.7 | 7,710 | 1.71 | 2.60 | 25.6 | 97 |
| 4,000-4,999----- | 3,520 | 111.0 | 161.3 | 416.3 | 1,173 | 20.7 | 7,680 | 1.71 | 2.55 | 25.6 | 108 |
| 5,000-5,999----- | 3,585 | 114.1 | 170.1 | 408.9 | 1,175 | 21.5 | 7,280 | 1.68 | 2.58 | 26.4 | 97 |
| 6,000-6,999----- | 3,771 | 120.5 | 177.5 | 431.5 | 1,216 | 22.5 | 8,210 | 1.77 | 2.69 | 27.7 | 106 |
| 7,000-9,999----- | 4,063 | 130.6 | 190.2 | 467.7 | 1,357 | 23.8 | 8,460 | 1.91 | 2.92 | 29.9 | 123 |
| 10,000 AND OVER---- | 3,641 | 114.5 | 175.7 | 409.9 | 1,197 | 20.6 | 7,730 | 1.75 | 2.60 | 26.1 | 113 |
| RURAL FARM--HOME-PRODUCED FOOD | | | | | | | | | | | |
| ALL HOUSEHOLDS, YEAR-- | 861 | 41.4 | 54.3 | 53.4 | 403 | 6.0 | 2,980 | .42 | .95 | 7.3 | 35 |
| SPRING----- | 807 | 39.0 | 55.6 | 38.0 | 361 | 5.5 | 2,380 | .34 | .85 | 6.2 | 22 |
| SUMMER----- | 943 | 44.8 | 56.0 | 68.7 | 423 | 7.1 | 3,690 | .52 | 1.05 | 8.5 | 59 |
| FALL----- | 832 | 40.0 | 51.0 | 54.9 | 393 | 5.6 | 3,020 | .37 | .92 | 7.1 | 29 |
| WINTER----- | 846 | 41.2 | 53.9 | 50.3 | 441 | 5.6 | 2,660 | .39 | 1.00 | 7.0 | 24 |
| UNDER 1,000----- | 1,105 | 47.4 | 69.6 | 75.5 | 529 | 6.5 | 4,090 | .52 | 1.16 | 8.2 | 44 |
| 1,000-1,999----- | 1,220 | 53.2 | 78.1 | 79.1 | 628 | 7.4 | 4,100 | .60 | 1.34 | 8.7 | 50 |
| 2,000-2,999----- | 986 | 47.2 | 58.8 | 69.6 | 556 | 6.4 | 3,450 | .46 | 1.20 | 7.8 | 40 |
| 3,000-3,999----- | 896 | 43.3 | 56.7 | 55.1 | 488 | 5.8 | 3,260 | .41 | 1.07 | 7.0 | 37 |
| 4,000-4,999----- | 699 | 34.0 | 41.9 | 48.4 | 357 | 5.1 | 2,830 | .36 | .83 | 6.0 | 38 |
| 5,000-5,999----- | 750 | 36.2 | 48.5 | 43.5 | 326 | 5.6 | 2,500 | .32 | .81 | 6.4 | 29 |
| 6,000-6,999----- | 799 | 38.3 | 53.2 | 42.9 | 311 | 5.8 | 2,730 | .40 | .82 | 6.9 | 29 |
| 7,000-9,999----- | 881 | 43.1 | 55.3 | 54.4 | 331 | 6.7 | 2,730 | .45 | .88 | 8.3 | 38 |
| 10,000 AND OVER---- | 703 | 35.6 | 45.4 | 38.8 | 293 | 5.1 | 2,190 | .34 | .74 | 6.5 | 25 |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 4.--NUTRITIVE VALUE OF DIETS
PER NUTRITION UNIT

NORTH CENTRAL

BY URBANIZATION

| SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 (1) | AVERAGE PER DAY | | | | | | | |
|--|-----------------|---------|---------|------|-----------------------|---------|-----------------|------------------|
| | FOOD ENERGY | PROTEIN | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO- FLAVIN | ASCORBIC ACID |
| | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) |
| | CAL | G | MG | MG | IU | MG | MG | MG |
| ALL URBANIZATIONS | | | | | | | | |
| ALL HOUSEHOLDS, YEAR-- | 4,278 | 124.7 | 999 | 15.7 | 7,930 | 2.02 | 3.04 | 108 |
| SPRING----- | 4,292 | 126.6 | 987 | 16.1 | 7,930 | 2.08 | 3.04 | 105 |
| SUMMER----- | 4,324 | 124.6 | 996 | 15.7 | 8,160 | 1.99 | 3.04 | 116 |
| FALL----- | 4,282 | 124.7 | 1,005 | 15.6 | 7,800 | 1.99 | 3.05 | 99 |
| WINTER----- | 4,208 | 122.7 | 1,007 | 15.4 | 7,810 | 2.01 | 3.04 | 112 |
| UNDER 1,000----- | 4,516 | 110.4 | 945 | 16.9 | 6,700 | 2.07 | 2.94 | 85 |
| 1,000-1,999----- | 4,427 | 114.2 | 974 | 16.7 | 7,390 | 2.01 | 3.00 | 96 |
| 2,000-2,999----- | 4,606 | 120.2 | 1,021 | 17.2 | 8,020 | 2.08 | 3.12 | 92 |
| 3,000-3,999----- | 4,191 | 117.3 | 958 | 15.9 | 8,040 | 1.97 | 2.98 | 93 |
| 4,000-4,999----- | 4,418 | 127.2 | 998 | 16.9 | 8,130 | 2.08 | 3.05 | 109 |
| 5,000-5,999----- | 4,254 | 124.3 | 973 | 16.0 | 8,000 | 2.03 | 3.02 | 101 |
| 6,000-6,999----- | 4,250 | 129.1 | 1,006 | 15.5 | 7,930 | 2.02 | 3.08 | 108 |
| 7,000-7,999----- | 4,235 | 129.0 | 1,020 | 15.4 | 8,080 | 2.06 | 3.10 | 113 |
| 8,000-8,999----- | 4,293 | 127.9 | 1,006 | 15.3 | 7,790 | 2.01 | 3.06 | 111 |
| 9,000-9,999----- | 4,119 | 122.0 | 1,031 | 14.6 | 7,310 | 1.95 | 2.96 | 117 |
| 10,000-14,999----- | 4,259 | 126.7 | 1,022 | 15.1 | 8,220 | 2.01 | 3.08 | 123 |
| 15,000 AND OVER----- | 4,132 | 127.9 | 1,009 | 15.2 | 9,090 | 1.95 | 3.09 | 130 |

* SEE NOTES FOLLOWING WEST, TABLE 18.

| SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 | AVERAGE PER DAY | | | | | | | |
|---|-----------------|---------|---------|------|-----------------------|---------|-----------------|------------------|
| | FOOD ENERGY | PROTEIN | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO- FLAVIN | ASCORBIC ACID |
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) |
| | CAL | G | MG | MG | IU | MG | MG | MG |
| URBAN | | | | | | | | |
| ALL HOUSEHOLDS, YEAR-- | 4,130 | 122.1 | 968 | 15.2 | 7,810 | 1.96 | 2.96 | 106 |
| SPRING----- | 4,141 | 124.2 | 951 | 15.5 | 7,960 | 2.03 | 2.96 | 105 |
| SUMMER----- | 4,052 | 118.8 | 946 | 14.6 | 7,810 | 1.88 | 2.89 | 110 |
| FALL----- | 4,231 | 124.5 | 995 | 15.3 | 7,740 | 1.97 | 3.02 | 99 |
| WINTER----- | 4,100 | 120.8 | 981 | 15.2 | 7,730 | 1.96 | 2.97 | 112 |
| UNDER 1,000----- | 3,968 | 105.8 | 866 | 15.2 | 6,710 | 1.82 | 2.76 | 77 |
| 1,000-1,999----- | 4,217 | 109.5 | 912 | 15.9 | 7,280 | 1.91 | 2.81 | 99 |
| 2,000-2,999----- | 4,267 | 114.3 | 939 | 15.6 | 7,490 | 1.95 | 2.95 | 90 |
| 3,000-3,999----- | 3,913 | 111.8 | 920 | 15.2 | 7,860 | 1.83 | 2.83 | 86 |
| 4,000-4,999----- | 4,350 | 127.4 | 1,004 | 17.0 | 8,430 | 2.07 | 3.06 | 105 |
| 5,000-5,999----- | 4,138 | 122.1 | 933 | 15.5 | 7,710 | 1.98 | 2.91 | 96 |
| 6,000-6,999----- | 4,063 | 125.2 | 976 | 15.0 | 7,640 | 1.95 | 2.98 | 107 |
| 7,000-7,999----- | 4,157 | 126.3 | 982 | 14.9 | 7,980 | 2.01 | 3.05 | 108 |
| 8,000-8,999----- | 4,143 | 123.2 | 969 | 14.7 | 7,580 | 1.93 | 2.94 | 103 |
| 9,000-9,999----- | 3,839 | 114.4 | 968 | 13.8 | 6,830 | 1.86 | 2.80 | 104 |
| 10,000-14,999----- | 4,222 | 125.9 | 1,015 | 15.1 | 8,390 | 2.00 | 3.08 | 124 |
| 15,000 AND OVER---- | 3,986 | 125.8 | 974 | 14.9 | 9,100 | 1.93 | 3.02 | 134 |
| RURAL NONFARM | | | | | | | | |
| ALL HOUSEHOLDS, YEAR-- | 4,423 | 127.3 | 1,049 | 16.3 | 7,990 | 2.07 | 3.14 | 113 |
| SPRING----- | 4,480 | 129.2 | 1,062 | 16.9 | 7,840 | 2.14 | 3.15 | 110 |
| SUMMER----- | 4,712 | 132.8 | 1,082 | 17.4 | 8,510 | 2.13 | 3.25 | 124 |
| FALL----- | 4,166 | 121.5 | 1,016 | 15.3 | 7,740 | 1.94 | 3.04 | 102 |
| WINTER----- | 4,296 | 124.7 | 1,030 | 15.5 | 7,800 | 2.05 | 3.10 | 113 |
| UNDER 1,000----- | 4,556 | 96.0 | 849 | 18.0 | 5,420 | 2.08 | 2.63 | 91 |
| 1,000-1,999----- | 4,393 | 108.3 | 985 | 17.2 | 7,250 | 1.97 | 3.05 | 89 |
| 2,000-2,999----- | 4,973 | 119.7 | 1,130 | 20.1 | 8,790 | 2.11 | 3.19 | 93 |
| 3,000-3,999----- | 4,328 | 120.5 | 980 | 16.6 | 8,170 | 2.09 | 3.09 | 101 |
| 4,000-4,999----- | 4,408 | 126.0 | 970 | 16.8 | 7,460 | 2.04 | 2.96 | 112 |
| 5,000-5,999----- | 4,334 | 126.6 | 1,026 | 16.2 | 8,570 | 2.08 | 3.19 | 112 |
| 6,000-6,999----- | 4,619 | 137.9 | 1,077 | 16.3 | 8,520 | 2.16 | 3.28 | 109 |
| 7,000-9,999----- | 4,413 | 135.2 | 1,111 | 15.9 | 8,120 | 2.13 | 3.22 | 133 |
| 10,000 AND OVER---- | 4,384 | 131.1 | 1,092 | 15.1 | 7,530 | 2.00 | 3.17 | 113 |



TABLE 4.--NUTRITIVE VALUE OF DIETS
PER NUTRITION UNIT--CONTINUED

NORTH CENTRAL

BY URBANIZATION

| SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 | AVERAGE PER DAY | | | | | | | |
|---|-----------------|---------|---------|------|-----------------------|---------|-----------------|------------------|
| | FOOD ENERGY | PROTEIN | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO- FLAVIN | ASCORBIC ACID |
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) |
| | CAL | G | MG | MG | IU | MG | MG | MG |
| RURAL FARM--ALL FOOD | | | | | | | | |
| ALL HOUSEHOLDS, YEAR-- | 4,893 | 135.7 | 1,083 | 17.9 | 8,590 | 2.27 | 3.36 | 111 |
| SPRING----- | 4,817 | 135.4 | 1,052 | 18.2 | 7,970 | 2.27 | 3.26 | 101 |
| SUMMER----- | 5,056 | 140.3 | 1,105 | 18.2 | 9,380 | 2.31 | 3.48 | 134 |
| FALL----- | 4,879 | 133.7 | 1,048 | 17.6 | 8,360 | 2.20 | 3.29 | 95 |
| WINTER----- | 4,769 | 131.3 | 1,134 | 17.2 | 8,500 | 2.28 | 3.39 | 108 |
| UNDER 1,000----- | 5,312 | 132.6 | 1,162 | 18.6 | 8,030 | 2.44 | 3.51 | 92 |
| 1,000-1,999----- | 5,062 | 136.9 | 1,144 | 18.5 | 7,930 | 2.36 | 3.47 | 98 |
| 2,000-2,999----- | 5,150 | 139.7 | 1,148 | 18.8 | 8,670 | 2.43 | 3.56 | 99 |
| 3,000-3,999----- | 4,775 | 128.5 | 1,037 | 17.0 | 8,380 | 2.19 | 3.23 | 101 |
| 4,000-4,999----- | 4,678 | 129.4 | 1,037 | 17.0 | 8,550 | 2.23 | 3.22 | 115 |
| 5,000-5,999----- | 4,766 | 131.9 | 1,060 | 18.4 | 8,010 | 2.17 | 3.25 | 104 |
| 6,000-6,999----- | 5,043 | 141.8 | 1,079 | 18.4 | 9,190 | 2.31 | 3.43 | 115 |
| 7,000-9,999----- | 5,200 | 148.7 | 1,168 | 18.9 | 9,220 | 2.41 | 3.57 | 129 |
| 10,000 AND OVER---- | 4,668 | 132.4 | 1,030 | 16.5 | 8,640 | 2.16 | 3.20 | 123 |
| RURAL FARM--HOME-PRODUCED FOOD | | | | | | | | |
| ALL HOUSEHOLDS, YEAR-- | 1,135 | 47.7 | 356 | 5.0 | 3,270 | .53 | 1.20 | 37 |
| SPRING----- | 1,056 | 44.9 | 319 | 4.6 | 2,620 | .45 | 1.06 | 23 |
| SUMMER----- | 1,235 | 51.6 | 370 | 5.8 | 4,060 | .66 | 1.31 | 63 |
| FALL----- | 1,102 | 46.0 | 349 | 4.6 | 3,300 | .48 | 1.15 | 31 |
| WINTER----- | 1,131 | 47.7 | 396 | 4.6 | 2,940 | .51 | 1.26 | 25 |
| UNDER 1,000----- | 1,504 | 54.3 | 478 | 5.5 | 4,420 | .67 | 1.48 | 46 |
| 1,000-1,999----- | 1,673 | 60.9 | 576 | 6.3 | 4,430 | .79 | 1.72 | 53 |
| 2,000-2,999----- | 1,335 | 54.7 | 502 | 5.4 | 3,790 | .62 | 1.53 | 42 |
| 3,000-3,999----- | 1,172 | 49.4 | 429 | 4.8 | 3,550 | .53 | 1.33 | 39 |
| 4,000-4,999----- | 929 | 39.7 | 316 | 4.2 | 3,150 | .47 | 1.05 | 40 |
| 5,000-5,999----- | 997 | 41.9 | 294 | 4.8 | 2,750 | .42 | 1.01 | 31 |
| 6,000-6,999----- | 1,069 | 45.1 | 276 | 4.8 | 3,060 | .52 | 1.05 | 31 |
| 7,000-9,999----- | 1,127 | 49.1 | 285 | 5.3 | 2,980 | .56 | 1.07 | 40 |
| 10,000 AND OVER---- | 901 | 41.2 | 252 | 4.1 | 2,450 | .42 | .91 | 28 |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP

NORTH CENTRAL

ALL ORGANIZATIONS

| FOOD GROUP * | AVERAGE PER DAY | | | | | | | | | | |
|-----------------------------|-----------------|---------|-------|-------------------|---------|------|-----------------------|---------|-----------------|--------|------------------|
| | FOOD, ENERGY | PROTEIN | FAT | CARBO- HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO- FLAVIN | NIACIN | ASCORBIC ACID |
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) |
| | CAL | G | G | G | MG | MG | IU | MG | MG | MG | MG |
| ALL FOOD GROUPS----- | 3,175 | 105.4 | 151.9 | 351.3 | 1,116 | 19.0 | 7,080 | 1.54 | 2.39 | 25.0 | 100 |
| MILK, CREAM, CHEESE----- | 440 | 23.0 | 24.3 | 32.6 | 715 | .3 | 1,000 | .17 | .97 | .6 | 6 |
| MILK----- | 291 | 16.4 | 14.7 | 23.5 | 553 | * | 590 | .15 | .80 | .5 | 5 |
| CREAM, ICE CREAM----- | 76 | 1.7 | 4.6 | 7.4 | 54 | * | 190 | .02 | .08 | * | * |
| CHEESE----- | 64 | 4.7 | 4.6 | .8 | 101 | .2 | 190 | .01 | .09 | * | 0 |
| SOUP, MIXTURES----- | 9 | .3 | .4 | .9 | 7 | * | 30 | .01 | .01 | .1 | * |
| MEAT, POULTRY, FISH----- | 699 | 43.4 | 56.5 | 1.1 | 31 | 6.0 | 1,000 | .36 | .53 | 9.2 | 1 |
| BEEF----- | 286 | 19.8 | 22.4 | * | 11 | 2.9 | 30 | .05 | .16 | 3.8 | 0 |
| BACON, SALT PORK----- | 101 | 1.2 | 10.5 | .1 | 2 | .2 | 0 | .02 | .02 | .2 | 0 |
| OTHER PORK----- | 135 | 7.2 | 11.5 | * | 4 | 1.1 | 0 | .19 | .08 | 1.4 | .0 |
| LIVER----- | 4 | .5 | .1 | .1 | * | .2 | 680 | * | .07 | .3 | * |
| LUNCHEAT, FRANKFURTERS----- | 88 | 4.1 | 7.6 | .6 | 2 | .7 | 110 | .06 | .08 | 1.0 | 0 |
| OTHER MEAT----- | 11 | 1.1 | .7 | * | 1 | .1 | * | .01 | .02 | .3 | * |
| POULTRY----- | 54 | 6.8 | 2.7 | * | 4 | .6 | 170 | .02 | .09 | 1.7 | * |
| FISH, SHELLFISH----- | 20 | 2.6 | .9 | .2 | 6 | .1 | 10 | .01 | .01 | .6 | * |
| OTHER PROTEIN FOOD----- | 164 | 10.2 | 10.4 | 8.0 | 43 | 1.9 | 580 | .09 | .16 | 1.4 | * |
| EGGS----- | 72 | 5.7 | 5.0 | .4 | 24 | 1.0 | 520 | .04 | .13 | * | 0 |
| DRY LEGUMES----- | 29 | 1.7 | .3 | 5.0 | 11 | .5 | 10 | .02 | .01 | .2 | * |
| NUTS, PEANUT BUTTER----- | 50 | 1.9 | 4.4 | 1.5 | 6 | .2 | * | .02 | .01 | 1.0 | * |
| SOUP, MIXTURES----- | 10 | .6 | .5 | .8 | 2 | .1 | 40 | .01 | .01 | .1 | * |
| ALL VEGETABLES----- | 206 | 6.1 | 3.7 | 40.3 | 65 | 2.5 | 2,820 | .20 | .16 | 3.2 | 42 |
| POTATOES----- | 111 | 2.4 | 2.8 | 19.8 | 10 | .7 | * | .09 | .04 | 1.7 | 12 |
| DARK GREEN----- | 2 | .2 | * | .4 | 7 | .1 | 350 | .01 | .01 | * | 3 |
| DEEP YELLOW----- | 9 | .2 | * | 2.2 | 5 | .1 | 1,320 | .01 | .01 | .1 | 1 |
| TOMATOES----- | 22 | .7 | .2 | 4.7 | 7 | .4 | 560 | .04 | .02 | .5 | 10 |
| OTHER----- | 57 | 2.4 | .5 | 12.7 | 36 | 1.1 | 460 | .07 | .07 | .7 | 14 |
| SOUP, MIXTURES----- | 5 | .2 | .2 | .7 | 1 | * | 120 | * | * | .1 | * |
| ALL FRUIT----- | 133 | 1.3 | .4 | 33.6 | 30 | 1.0 | 620 | .11 | .06 | .8 | 46 |
| CITRUS----- | 38 | .6 | .1 | 9.4 | 15 | .2 | 140 | .06 | .02 | .3 | 36 |
| OTHER VITAMIN C-RICH----- | 4 | .1 | * | 1.0 | 1 | .1 | 150 | * | * | .1 | 4 |
| OTHER----- | 90 | .7 | .3 | 23.2 | 13 | .7 | 340 | .04 | .04 | .5 | 6 |
| MIXTURES----- | * | * | * | * | * | * | * | * | * | * | * |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP--CONTINUED

NORTH CENTRAL

ALL URBANIZATIONS

| FOOD GROUP * | AVERAGE PER DAY | | | | | | | | | | |
|---|-----------------|---------|------|-------------------|---------|------|-----------------------|---------|-----------------|--------|------------------|
| | FOOD ENERGY | PROTEIN | FAT | CARBO- HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO- FLAVIN | NIACIN | ASCORBIC ACID |
| | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) |
| (1) | CAL | G | G | G | MG | MG | IU | MG | MG | MG | MG |
| GRAIN, ENRICHED OR WHOLE GRAIN----- | 501 | 14.8 | 4.8 | 98.4 | 116 | 4.9 | 10 | .53 | .35 | 4.5 | 1 |
| FLOUR----- | 113 | 3.2 | .4 | 23.5 | 18 | .9 | * | .11 | .08 | 1.0 | 0 |
| CEREAL, PASTES----- | 134 | 3.7 | .9 | 28.0 | 24 | 1.8 | 10 | .19 | .09 | 1.4 | * |
| BREAD----- | 215 | 7.0 | 2.5 | 40.4 | 67 | 2.0 | * | .20 | .16 | 1.9 | 0 |
| OTHER BAKERY PRODUCTS----- | 38 | .9 | 1.0 | 6.5 | 8 | .2 | 10 | .03 | .02 | .2 | * |
| GRAIN, NOT ENRICHED OR WHOLE GRAIN----- | 281 | 5.1 | 8.9 | 46.0 | 49 | .9 | 100 | .06 | .07 | .7 | * |
| FLOUR----- | 34 | .4 | .9 | 6.3 | 10 | .1 | * | * | .01 | * | * |
| CEREAL, PASTES----- | 13 | .4 | .1 | 2.7 | 1 | .1 | * | .01 | * | .1 | 0 |
| BREAD----- | 18 | .6 | .1 | 3.7 | 6 | .1 | * | .01 | .01 | .1 | 0 |
| OTHER BAKERY PRODUCTS----- | 188 | 2.9 | 6.7 | 29.3 | 26 | .5 | 50 | .03 | .04 | .3 | * |
| SOUP, MIXTURES----- | 28 | .8 | 1.0 | 4.0 | 7 | .1 | 50 | .01 | .01 | .1 | * |
| FATS, OILS----- | 369 | .3 | 41.1 | 1.4 | 7 | * | 880 | * | * | * | * |
| BUTTER----- | 74 | .1 | 8.4 | * | 2 | .0 | 340 | .00 | .00 | .0 | 0 |
| MARGARINE----- | 113 | .1 | 12.7 | .1 | 3 | .0 | 520 | .00 | .00 | .0 | 0 |
| OIL, SALAD DRESSING----- | 90 | .1 | 9.7 | 1.0 | 1 | * | 20 | * | * | * | * |
| LARD----- | 31 | * | 3.4 | * | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| VEGETABLE SHORTENING----- | 62 | * | 6.9 | .2 | 0 | .0 | * | .00 | .00 | .0 | 0 |
| SUGAR, SWEETS----- | 331 | .9 | 1.7 | 81.5 | 25 | .6 | 70 | .01 | .02 | .2 | 5 |
| SUGAR, SIRUP, JELLY, CANDY----- | 260 | .5 | 1.6 | 63.4 | 19 | .6 | 10 | .01 | .02 | .1 | * |
| OTHER SWEETS-- | | | | | | | | | | | |
| ADDED VITAMIN C----- | 12 | * | * | 3.2 | 5 | * | 60 | * | * | * | 5 |
| NO ADDED VITAMIN C----- | 58 | .3 | .1 | 14.8 | 1 | * | * | * | * | * | * |
| OTHER FOOD----- | 52 | .3 | .2 | 8.5 | 35 | .9 | 10 | .01 | .06 | 4.5 | 0 |
| ALCOHOLIC BEVERAGE----- | 25 | .1 | .0 | 1.6 | 2 | * | 0 | * | .01 | .2 | 0 |
| SOME NUTRITIVE VALUE----- | 27 | .2 | .2 | 7.0 | 33 | .9 | 10 | .01 | .05 | 4.3 | 0 |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP

NORTH CENTRAL

ALL URBANIZATIONS

| FOOD GROUP * | AVERAGE PER DAY | | | | | | | | | | |
|------------------------------|-----------------|---------|-------|-------------------|---------|------|-----------------------|--------------|-----------------|--------|------------------|
| | FOOD ENERGY | PROTEIN | FAT | CARBO- HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIA- MIN | RIBO- FLAVIN | NIACIN | ASCORBIC ACID |
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) |
| | CAL | G | G | G | MG | MG | IU | MG | MG | MG | MG |
| ALL FOOD GROUPS----- | 3,202 | 107.2 | 155.1 | 348.2 | 1,102 | 19.4 | 7,070 | 1.57 | 2.39 | 25.4 | 99 |
| MILK, CREAM, CHEESE----- | 431 | 22.4 | 23.9 | 31.9 | 694 | .3 | 980 | .17 | .94 | .6 | 6 |
| MILK----- | 278 | 15.6 | 14.0 | 22.5 | 526 | * | 570 | .14 | .76 | .5 | 5 |
| CREAM, ICE CREAM----- | 79 | 1.7 | 4.7 | 7.7 | 56 | * | 200 | .02 | .08 | * | * |
| CHEESE----- | 66 | 4.9 | 4.8 | .8 | 104 | .2 | 200 | * | .09 | * | 0 |
| SOUP, MIXTURES----- | 8 | .3 | .4 | .9 | 7 | * | 20 | * | .01 | * | * |
| MEAT, POULTRY, FISH----- | 742 | 45.5 | 60.2 | 1.1 | 33 | 6.3 | 1,070 | .40 | .56 | 9.6 | * |
| BEEF----- | 296 | 20.2 | 23.2 | * | 12 | 3.0 | 30 | .05 | .16 | 3.9 | 0 |
| BACON, SALT PORK----- | 111 | 1.4 | 11.6 | .2 | 2 | .2 | 0 | .03 | .02 | .3 | 0 |
| OTHER PORK----- | 152 | 8.3 | 12.9 | * | 5 | 1.2 | 0 | .22 | .09 | 1.6 | 0 |
| LIVER----- | 4 | .6 | .1 | .1 | * | .3 | 750 | * | .08 | .3 | * |
| LUNCHMEAT, FRANKFURTERS----- | 96 | 4.4 | 8.2 | .6 | 3 | .7 | 110 | .06 | .09 | 1.0 | 0 |
| OTHER MEAT----- | 9 | 1.0 | .6 | * | * | .1 | * | * | .02 | .3 | * |
| POULTRY----- | 51 | 6.6 | 2.5 | * | 4 | .6 | 160 | .02 | .09 | 1.6 | * |
| FISH, SHELLFISH----- | 23 | 2.9 | 1.1 | .2 | 7 | .1 | 10 | * | .01 | .7 | * |
| OTHER PROTEIN FOOD----- | 172 | 10.8 | 10.7 | 8.5 | 46 | 2.0 | 610 | .09 | .17 | 1.5 | * |
| EGGS----- | 76 | 6.0 | 5.3 | .4 | 25 | 1.1 | 550 | .04 | .13 | * | 0 |
| DRY LEGUMES----- | 33 | 1.9 | .4 | 5.5 | 13 | .6 | 10 | .03 | .01 | .2 | * |
| NUTS, PEANUT BUTTER----- | 50 | 2.0 | 4.3 | 1.5 | 5 | .2 | * | .02 | .01 | 1.1 | * |
| SOUP, MIXTURES----- | 10 | .6 | .5 | .8 | 2 | * | 40 | * | * | * | * |
| ALL VEGETABLES----- | 199 | 5.8 | 3.7 | 38.8 | 64 | 2.5 | 2,860 | .19 | .15 | 3.0 | 38 |
| POTATOES----- | 110 | 2.3 | 2.8 | 19.6 | 10 | .7 | * | .08 | .04 | 1.7 | 12 |
| DARK GREEN----- | 2 | .2 | * | .4 | 9 | .2 | 480 | * | .01 | * | 3 |
| DEEP YELLOW----- | 8 | .2 | * | 1.9 | 5 | .1 | 1,320 | * | * | * | * |
| TOMATOES----- | 20 | .6 | .2 | 4.3 | 6 | .4 | 490 | .03 | .02 | .5 | 8 |
| OTHER----- | 55 | 2.2 | .4 | 12.0 | 34 | 1.1 | 460 | .06 | .07 | .7 | 13 |
| SOUP, MIXTURES----- | 4 | .2 | .1 | .6 | 1 | * | 110 | * | * | * | * |
| ALL FRUIT----- | 128 | 1.3 | .4 | 32.3 | 31 | 1.0 | 500 | .10 | .07 | .7 | 48 |
| CITRUS----- | 38 | .6 | .1 | 9.2 | 16 | .2 | 140 | .06 | .02 | .3 | 35 |
| OTHER VITAMIN C-RICH----- | 6 | * | * | 1.4 | 2 | .1 | 80 | * | * | * | 6 |
| OTHER----- | 84 | .6 | .3 | 21.6 | 13 | .7 | 280 | .04 | .04 | .4 | 6 |
| MIXTURES----- | * | * | * | * | * | * | * | * | * | * | * |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP--CONTINUED

NORTH CENTRAL

ALL URBANIZATIONS

| FOOD GROUP ‡ | AVERAGE PER DAY | | | | | | | | | | |
|--------------------------------------|-----------------|---------|------|---------------|---------|------|-----------------|----------|-------------|--------|---------------|
| | FOOD ENERGY | PROTEIN | FAT | CARBO-HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIA-MIN | RIBO-FLAVIN | NIACIN | ASCORBIC ACID |
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) |
| | CAL | G | G | G | MG | MG | IU | MG | MG | MG | MG |
| GRAIN, ENRICHED OR WHOLE GRAIN----- | 500 | 14.9 | 4.8 | 98.4 | 119 | 5.0 | 10 | .53 | .35 | 4.6 | * |
| FLOUR----- | 107 | 3.0 | .4 | 22.3 | 17 | .9 | * | .10 | .07 | .9 | 0 |
| CEREAL, PASTES----- | 134 | 3.7 | .8 | 28.1 | 26 | 1.9 | * | .20 | .09 | 1.5 | * |
| BREAD----- | 219 | 7.1 | 2.6 | 41.1 | 68 | 2.0 | * | .20 | .17 | 2.0 | 0 |
| OTHER BAKERY PRODUCTS----- | 40 | 1.0 | 1.0 | 6.9 | 9 | .2 | * | .03 | .03 | .3 | * |
| GRAIN, NOT ENRICHED OR WHOLE GRAIN-- | 283 | 5.1 | 8.9 | 46.5 | 49 | .8 | 90 | .05 | .07 | .6 | * |
| FLOUR----- | 34 | .4 | .9 | 6.3 | 10 | * | * | * | * | * | * |
| CEREAL, PASTES----- | 14 | .4 | .1 | 3.0 | * | * | * | * | * | * | 0 |
| BREAD----- | 18 | .6 | .1 | 3.7 | 5 | .1 | * | .01 | * | * | 0 |
| OTHER BAKERY PRODUCTS----- | 189 | 3.0 | 6.7 | 29.7 | 26 | .5 | 50 | .03 | .04 | .3 | * |
| SOUP, MIXTURES----- | 28 | .7 | 1.0 | 3.9 | 6 | .1 | 40 | * | .01 | .1 | * |
| FATS, OILS----- | 366 | .3 | 40.7 | 1.3 | 7 | * | 870 | * | * | * | * |
| BUTTER----- | 75 | * | 8.5 | * | 2 | .0 | 350 | .00 | .00 | .0 | 0 |
| MARGARINE----- | 111 | * | 12.5 | * | 3 | .0 | 510 | .00 | .00 | .0 | 0 |
| OIL, SALAD DRESSING----- | 91 | * | 9.8 | 1.1 | 2 | * | 20 | * | * | * | * |
| LARD----- | 30 | * | 3.3 | * | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| VEGETABLE SHORTENING----- | 60 | * | 6.7 | .2 | 0 | .0 | * | .00 | .00 | .0 | 0 |
| SUGAR, SWEETS----- | 328 | .9 | 1.6 | 80.9 | 25 | .6 | 70 | .01 | .02 | .1 | 6 |
| SUGAR, SIRUP, JELLY, CANDY----- | 255 | .5 | 1.6 | 62.2 | 19 | .5 | * | * | .02 | .1 | * |
| OTHER SWEETS-- | | | | | | | | | | | |
| ADDED VITAMIN C----- | 14 | * | * | 3.6 | 5 | * | 60 | * | * | * | 5 |
| NO ADDED VITAMIN C----- | 58 | .3 | * | 15.1 | 1 | * | * | * | * | * | * |
| OTHER FOOD----- | 54 | .3 | .2 | 8.6 | 35 | 1.0 | 20 | .01 | .06 | 4.5 | 0 |
| ALCOHOLIC BEVERAGE----- | 27 | .1 | .0 | 1.6 | 2 | * | 0 | * | .01 | .2 | 0 |
| SOME NUTRITIVE VALUE----- | 27 | .2 | .2 | 6.9 | 33 | 1.0 | 20 | .01 | .05 | 4.3 | 0 |

‡ SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP

NORTH CENTRAL

ALL URBANIZATIONS

| FOOD GROUP * | AVERAGE PER DAY | | | | | | | | | | |
|------------------------------|-----------------|---------|-------|-------------------|---------|------|-----------------------|---------|-----------------|--------|------------------|
| | FOOD ENERGY | PROTEIN | FAT | CARBO- HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO- FLAVIN | NIACIN | ASCORBIC ACID |
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) |
| | CAL | G | G | G | MG | MG | IU | MG | MG | MG | MG |
| ALL FOOD GROUPS----- | 3,223 | 105.5 | 153.6 | 360.8 | 1,114 | 18.9 | 7,280 | 1.54 | 2.39 | 25.1 | 126 |
| MILK, CREAM, CHEESE----- | 441 | 22.9 | 24.1 | 33.5 | 709 | .3 | 1,000 | .18 | .96 | .6 | 6 |
| MILK----- | 277 | 15.8 | 13.8 | 22.7 | 535 | .1 | 560 | .14 | .77 | .5 | 5 |
| CREAM, ICE CREAM----- | 89 | 1.9 | 5.2 | 8.9 | 63 | * | 220 | .02 | .09 | * | 1 |
| CHEESE----- | 65 | 4.9 | 4.6 | .9 | 102 | .2 | 190 | .01 | .09 | * | 0 |
| SOUP, MIXTURES----- | 10 | .3 | .4 | 1.0 | 9 | * | 30 | .01 | .01 | .1 | 1 |
| MEAT, POULTRY, FISH----- | 709 | 43.3 | 57.6 | 1.2 | 31 | 6.0 | 860 | .35 | .52 | 9.1 | * |
| BEEF----- | 278 | 19.4 | 21.6 | * | 11 | 2.9 | 30 | .05 | .16 | 3.7 | 0 |
| BACON, SALT PORK----- | 118 | 1.5 | 12.3 | .2 | 2 | .2 | 0 | .03 | .02 | .3 | 0 |
| OTHER PORK----- | 130 | 7.0 | 11.1 | * | 4 | 1.0 | 0 | .18 | .07 | 1.3 | 0 |
| LIVER----- | 3 | .4 | .1 | .1 | * | .2 | 530 | * | .06 | .2 | * |
| LUNCHMEAT, FRANKFURTERS----- | 96 | 4.4 | 8.3 | .6 | 3 | .7 | 110 | .06 | .09 | 1.0 | 0 |
| OTHER MEAT----- | 12 | 1.1 | .8 | * | 1 | .1 | * | .01 | .01 | .3 | * |
| POULTRY----- | 49 | 6.7 | 2.3 | * | 4 | .6 | 170 | .02 | .10 | 1.6 | * |
| FISH, SHELLFISH----- | 22 | 2.8 | 1.0 | .3 | 6 | .1 | 10 | .01 | .01 | .7 | * |
| OTHER PROTEIN FOOD----- | 165 | 10.4 | 10.3 | 8.3 | 44 | 1.9 | 590 | .09 | .16 | 1.4 | * |
| EGGS----- | 72 | 5.7 | 5.1 | .4 | 24 | 1.0 | 520 | .04 | .13 | * | 0 |
| DRY LEGUMES----- | 31 | 1.8 | .4 | 5.3 | 12 | .6 | 20 | .03 | .01 | .2 | * |
| NUTS, PEANUT BUTTER----- | 48 | 1.9 | 4.2 | 1.5 | 5 | .2 | * | .02 | .01 | 1.0 | * |
| SOUP, MIXTURES----- | 10 | .6 | .4 | .8 | 1 | .1 | 40 | * | .01 | .1 | * |
| ALL VEGETABLES----- | 218 | 6.7 | 4.1 | 42.6 | 72 | 2.7 | 2,680 | .23 | .19 | 3.4 | 49 |
| POTATOES----- | 110 | 2.3 | 3.0 | 19.2 | 9 | .7 | * | .08 | .04 | 1.7 | 12 |
| DARK GREEN----- | 2 | .2 | * | .4 | 6 | .1 | 280 | .01 | .01 | * | 3 |
| DEEP YELLOW----- | 6 | .1 | * | 1.5 | 4 | .1 | 990 | .01 | .01 | .1 | 1 |
| TOMATOES----- | 26 | 1.0 | .3 | 5.7 | 10 | .5 | 760 | .05 | .03 | .7 | 16 |
| OTHER----- | 69 | 2.9 | .6 | 15.3 | 42 | 1.3 | 550 | .09 | .10 | .9 | 17 |
| SOUP, MIXTURES----- | 5 | .2 | .2 | .6 | 1 | * | 110 | * | * | * | * |
| ALL FRUIT----- | 125 | 1.4 | .5 | 31.5 | 28 | 1.1 | 1,150 | .10 | .07 | .9 | 43 |
| CITRUS----- | 30 | .5 | .1 | 7.3 | 10 | .2 | 110 | .05 | .01 | .2 | 28 |
| OTHER VITAMIN C-RICH----- | 6 | .1 | * | 1.6 | 3 | .1 | 440 | .01 | .01 | .1 | 6 |
| OTHER----- | 88 | .8 | .3 | 22.5 | 15 | .8 | 600 | .04 | .05 | .6 | 9 |
| MIXTURES----- | * | * | * | * | * | * | * | * | * | * | * |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP--CONTINUED

NORTH CENTRAL

ALL ORGANIZATIONS

| FOOD GROUP * | AVERAGE PER DAY | | | | | | | | | | |
|--------------------------------------|-----------------|---------|------|-------------------|---------|------|-----------------------|---------|-----------------|--------|------------------|
| | FOOD ENERGY | PROTEIN | FAT | CARBO- HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO- FLAVIN | NIACIN | ASCORBIC ACID |
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) |
| | CAL | G | G | G | MG | MG | IU | MG | MG | MG | MG |
| GRAIN, ENRICHED OR WHOLE GRAIN----- | 494 | 14.4 | 5.1 | 96.9 | 113 | 4.7 | 10 | .51 | .34 | 4.5 | 1 |
| FLOUR----- | 100 | 2.8 | .4 | 20.9 | 16 | .8 | * | .10 | .07 | .8 | 0 |
| CEREAL, PASTES----- | 130 | 3.5 | .7 | 27.4 | 22 | 1.6 | 10 | .19 | .09 | 1.4 | * |
| BREAD----- | 214 | 7.0 | 2.5 | 40.2 | 66 | 2.0 | * | .20 | .16 | 1.9 | 0 |
| OTHER BAKERY PRODUCTS----- | 50 | 1.1 | 1.4 | 8.4 | 8 | .3 | 10 | .03 | .02 | .2 | * |
| GRAIN, NOT ENRICHED OR WHOLE GRAIN-- | 291 | 5.2 | 9.3 | 47.7 | 53 | .9 | 100 | .06 | .07 | .7 | * |
| FLOUR----- | 34 | .4 | .9 | 6.3 | 11 | .1 | * | * | .01 | * | 0 |
| CEREAL, PASTES----- | 11 | .3 | .1 | 2.1 | * | .1 | * | .01 | * | * | 0 |
| BREAD----- | 16 | .6 | .1 | 3.4 | 5 | .1 | * | .01 | .01 | .1 | 0 |
| OTHER BAKERY PRODUCTS----- | 202 | 3.2 | 7.1 | 31.7 | 30 | .5 | 60 | .03 | .05 | .4 | * |
| SOUP, MIXTURES----- | 29 | .7 | 1.1 | 4.1 | 7 | .1 | 40 | .01 | .01 | .1 | * |
| FATS, OILS----- | 373 | .3 | 41.3 | 1.5 | 7 | * | 830 | * | * | * | * |
| BUTTER----- | 67 | .1 | 7.6 | * | 2 | .0 | 310 | .00 | .00 | .0 | 0 |
| MARGARINE----- | 108 | .1 | 12.2 | .1 | 3 | .0 | 500 | .00 | .00 | .0 | 0 |
| OIL, SALAD DRESSING----- | 101 | .1 | 10.9 | 1.2 | 2 | * | 20 | * | * | * | * |
| LARD----- | 34 | * | 3.8 | * | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| VEGETABLE SHORTENING----- | 63 | * | 7.0 | .3 | 0 | .0 | * | .00 | .00 | .0 | 0 |
| SUGAR, SWEETS----- | 358 | .7 | 1.3 | 89.8 | 25 | .6 | 60 | .01 | .02 | .1 | 6 |
| SUGAR, SIRUP, JELLY, CANDY----- | 279 | .4 | 1.2 | 69.3 | 17 | .5 | 10 | .01 | .02 | .1 | * |
| OTHER SWEETS-- | | | | | | | | | | | |
| ADDED VITAMIN C----- | 17 | * | * | 4.5 | 7 | * | 60 | * | * | * | 6 |
| NO ADDED VITAMIN C----- | 61 | .3 | .1 | 16.0 | 1 | * | * | * | * | * | * |
| OTHER FOOD----- | 47 | .2 | .1 | 7.8 | 34 | .9 | 10 | * | .05 | 4.3 | 0 |
| ALCOHOLIC BEVERAGE----- | 23 | .1 | .0 | 1.5 | 2 | * | 0 | * | .01 | .2 | 0 |
| SOME NUTRITIVE VALUE----- | 24 | .1 | .1 | 6.3 | 32 | .9 | 10 | * | .04 | 4.1 | 0 |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP

NORTH CENTRAL

ALL URBANIZATIONS

| FOOD GROUP * | AVERAGE PER DAY | | | | | | | | | | |
|------------------------------|-----------------|---------|-------|-------------------|---------|------|-----------------------|---------|-----------------|--------|------------------|
| | FOOD ENERGY | PROTEIN | FAT | CARBU- HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO- FLAVIN | NIACIN | ASCORBIC ACID |
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) |
| | CAL | G | G | G | MG | MG | IU | MG | MG | MG | MG |
| ALL FOOD GROUPS----- | 3,165 | 105.5 | 151.9 | 347.5 | 1,120 | 18.9 | 6,990 | 1.53 | 2.38 | 25.2 | 91 |
| MILK, CREAM, CHEESE----- | 446 | 23.2 | 24.9 | 32.6 | 725 | .2 | 1,020 | .18 | .99 | .6 | 6 |
| MILK----- | 310 | 17.2 | 15.9 | 24.7 | 578 | * | 640 | .15 | .83 | .5 | 5 |
| CREAM, ICE CREAM----- | 71 | 1.5 | 4.4 | 6.6 | 49 | * | 180 | .01 | .07 | * | * |
| CHEESE----- | 58 | 4.3 | 4.3 | .7 | 92 | .1 | 170 | .01 | .08 | * | 0 |
| SOUP, MIXTURES----- | 7 | .2 | .3 | .7 | 5 | * | 20 | * | .01 | * | * |
| MEAT, POULTRY, FISH----- | 691 | 43.6 | 55.4 | 1.1 | 32 | 6.0 | 980 | .35 | .52 | 9.3 | * |
| BEEF----- | 282 | 19.6 | 21.9 | * | 11 | 2.9 | 30 | .05 | .16 | 3.7 | 0 |
| BACON, SALT PORK----- | 90 | 1.1 | 9.4 | .1 | 2 | .2 | 0 | .02 | .01 | .2 | 0 |
| OTHER PORK----- | 133 | 7.0 | 11.5 | * | 4 | 1.0 | 0 | .19 | .08 | 1.4 | 0 |
| LIVER----- | 3 | .5 | .1 | .1 | * | .2 | 650 | * | .07 | .3 | * |
| LUNCHMEAT, FRANKFURTERS----- | 83 | 3.9 | 7.1 | .5 | 2 | .6 | 110 | .06 | .08 | .9 | 0 |
| OTHER MEAT----- | 12 | 1.1 | .7 | * | 1 | .1 | * | .01 | .02 | .3 | * |
| POULTRY----- | 69 | 8.1 | 3.8 | * | 5 | .7 | 180 | .02 | .10 | 2.0 | * |
| FISH, SHELLFISH----- | 18 | 2.2 | .8 | .3 | 6 | .1 | 10 | .01 | .01 | .5 | * |
| OTHER PROTEIN FOOD----- | 165 | 10.1 | 10.6 | 8.0 | 42 | 1.8 | 570 | .09 | .16 | 1.4 | * |
| EGGS----- | 70 | 5.5 | 4.9 | .4 | 23 | 1.0 | 510 | .04 | .12 | * | 0 |
| DRY LEGUMES----- | 28 | 1.6 | .3 | 4.8 | 11 | .5 | 10 | .02 | .01 | .2 | * |
| NUTS, PEANUT BUTTER----- | 52 | 1.9 | 4.6 | 1.5 | 6 | .2 | * | .02 | .01 | 1.0 | * |
| SOUP, MIXTURES----- | 12 | .7 | .6 | 1.0 | 2 | .1 | 40 | .01 | .01 | .1 | * |
| ALL VEGETABLES----- | 197 | 5.8 | 3.2 | 39.2 | 61 | 2.4 | 2,930 | .19 | .15 | 3.0 | 39 |
| POTATOES----- | 106 | 2.3 | 2.4 | 19.5 | 9 | .7 | * | .08 | .04 | 1.7 | 12 |
| DARK GREEN----- | 2 | .2 | * | .3 | 6 | .1 | 310 | .01 | .01 | * | 3 |
| DEEP YELLOW----- | 14 | .3 | .1 | 3.3 | 6 | .1 | 1,610 | .01 | .01 | .1 | 2 |
| TOMATOES----- | 19 | .6 | .2 | 4.0 | 6 | .4 | 480 | .03 | .02 | .5 | 8 |
| OTHER----- | 51 | 2.1 | .4 | 11.3 | 33 | 1.1 | 410 | .06 | .06 | .6 | 13 |
| SOUP, MIXTURES----- | 5 | .2 | .1 | .7 | 1 | * | 130 | * | * | .1 | * |
| ALL FRUIT----- | 133 | 1.2 | .4 | 33.8 | 25 | .9 | 370 | .10 | .06 | .6 | 39 |
| CITRUS----- | 36 | .6 | .1 | 8.8 | 13 | .2 | 140 | .06 | .02 | .2 | 33 |
| OTHER VITAMIN C-RICH----- | 1 | * | * | .3 | * | * | 20 | * | * | * | 1 |
| OTHER----- | 96 | .6 | .3 | 24.8 | 12 | .7 | 210 | .04 | .04 | .4 | 5 |
| MIXTURES----- | * | * | * | * | * | * | * | * | * | * | * |

* SEE NOTES FOLLOWING WEST, TABLE 18.

FALL 1965 BY FOOD GROUP

TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP--CONTINUED

NORTH CENTRAL

ALL URBANIZATIONS

| FOOD GROUP * | AVERAGE PER DAY | | | | | | | | | | |
|--------------------------------------|-----------------|---------|------|-------------------|---------|------|-----------------------|---------|-----------------|--------|------------------|
| | FOOD ENERGY | PROTEIN | FAT | CARBO- HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO- FLAVIN | NIACIN | ASCORBIC ACID |
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) |
| | CAL | G | G | G | MG | MG | IU | MG | MG | MG | MG |
| GRAIN, ENRICHED OR WHOLE GRAIN----- | 505 | 15.1 | 4.7 | 99.3 | 117 | 5.0 | 10 | .53 | .35 | 4.5 | 1 |
| FLOUR----- | 124 | 3.5 | .4 | 25.9 | 18 | 1.0 | * | .12 | .09 | 1.1 | 0 |
| CEREAL, PASTES----- | 129 | 3.6 | .9 | 26.7 | 24 | 1.8 | 10 | .19 | .08 | 1.3 | * |
| BREAD----- | 219 | 7.2 | 2.6 | 41.1 | 68 | 2.0 | 0 | .20 | .17 | 2.0 | 0 |
| OTHER BAKERY PRODUCTS----- | 33 | .8 | .8 | 5.6 | 7 | .2 | 10 | .02 | .02 | .2 | * |
| GRAIN, NOT ENRICHED OR WHOLE GRAIN-- | 270 | 5.0 | 8.6 | 44.1 | 45 | .9 | 120 | .06 | .07 | .7 | * |
| FLOUR----- | 30 | .4 | .8 | 5.6 | 8 | .1 | * | * | .01 | * | * |
| CEREAL, PASTES----- | 12 | .3 | .1 | 2.3 | * | .1 | * | .01 | * | .1 | 0 |
| BREAD----- | 20 | .7 | .1 | 4.1 | 6 | .1 | * | .01 | .01 | .1 | 0 |
| OTHER BAKERY PRODUCTS----- | 178 | 2.8 | 6.3 | 27.9 | 24 | .5 | 50 | .03 | .04 | .3 | * |
| SOUP, MIXTURES----- | 30 | .8 | 1.2 | 4.1 | 6 | .1 | 70 | .01 | .01 | .1 | * |
| FATS, OILS----- | 374 | .3 | 41.6 | 1.3 | 7 | * | 930 | * | * | * | * |
| BUTTER----- | 84 | .1 | 9.5 | * | 2 | .0 | 390 | .00 | .00 | .0 | 0 |
| MARGARINE----- | 114 | .1 | 12.8 | .1 | 3 | .0 | 520 | .00 | .00 | .0 | 0 |
| OIL, SALAD DRESSING----- | 82 | .1 | 8.9 | .9 | 1 | * | 20 | * | * | * | * |
| LARD----- | 34 | * | 3.8 | * | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| VEGETABLE SHORTENING----- | 59 | * | 6.6 | .2 | 0 | .0 | * | .00 | .00 | .0 | 0 |
| SUGAR, SWEETS----- | 327 | 1.0 | 2.2 | 79.0 | 28 | .7 | 60 | .02 | .03 | .2 | 4 |
| SUGAR, SIRUP, JELLY, CANDY----- | 266 | .7 | 2.2 | 63.4 | 23 | .6 | 10 | .01 | .02 | .2 | * |
| OTHER SWEETS-- | 9 | * | * | 2.3 | 3 | * | 50 | * | * | * | 4 |
| ADDED VITAMIN C----- | 52 | .3 | .1 | 13.3 | 1 | * | * | * | * | * | * |
| NO ADDED VITAMIN C----- | | | | | | | | | | | |
| OTHER FOOD----- | 57 | .3 | .2 | 9.1 | 38 | 1.0 | 10 | .01 | .06 | 4.8 | 0 |
| ALCOHOLIC BEVERAGE----- | 28 | .1 | .0 | 1.7 | 2 | * | 0 | * | .01 | .3 | 0 |
| SOME NUTRITIVE VALUE----- | 29 | .2 | .2 | 7.4 | 36 | 1.0 | 10 | .01 | .05 | 4.5 | 0 |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP

NORTH CENTRAL

ALL URBANIZATIONS

| FOOD GROUP * | AVERAGE PER DAY | | | | | | | | | | | |
|------------------------------|-----------------|---------|-------|---------------|---------|------|-----------------|---------|-------------|--------|---------------|------|
| | FOOD ENERGY | PROTEIN | FAT | CARBO-HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO-FLAVIN | NIACIN | ASCORBIC ACID | |
| | (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) |
| | CAL | G | G | G | MG | MG | IU | MG | MG | MG | MG | |
| ALL FOOD GROUPS----- | 3,103 | 103.2 | 146.5 | 348.1 | 1,127 | 18.7 | 6,950 | 1.52 | 2.37 | 24.3 | 104 | |
| MILK, CREAM, CHEESE----- | 442 | 23.6 | 24.4 | 32.3 | 735 | .3 | 1,000 | .18 | 1.00 | .7 | 6 | |
| MILK----- | 302 | 17.1 | 15.3 | 24.2 | 576 | * | 620 | .15 | .83 | .5 | 5 | |
| CREAM, ICE CREAM----- | 65 | 1.4 | 3.9 | 6.2 | 46 | * | 160 | .01 | .07 | * | * | |
| CHEESE----- | 65 | 4.8 | 4.8 | .8 | 105 | .2 | 193 | .01 | .09 | * | 0 | |
| SOUP, MIXTURES----- | 10 | .3 | .4 | 1.1 | 8 | * | 30 | .01 | .01 | .1 | * | |
| MEAT, POULTRY, FISH----- | 651 | 40.9 | 52.3 | .9 | 28 | 5.7 | 1,090 | .32 | .51 | 8.7 | 1 | |
| BEEF----- | 291 | 19.8 | 22.8 | * | 11 | 2.9 | 30 | .05 | .16 | 3.8 | 0 | |
| BACON, SALT PORK----- | 79 | 1.0 | 8.3 | .1 | 1 | .1 | 0 | .02 | .01 | .2 | 0 | |
| OTHER PORK----- | 123 | 6.4 | 10.6 | * | 4 | 1.0 | 0 | .17 | .07 | 1.3 | 0 | |
| LIVER----- | 4 | .6 | .1 | .1 | * | .2 | 800 | * | .08 | .3 | 1 | |
| LUNCHMEAT, FRANKFURTERS----- | 78 | 3.7 | 6.7 | .5 | 2 | .6 | 110 | .05 | .08 | .9 | 0 | |
| OTHER MEAT----- | 12 | 1.3 | .7 | * | 1 | .1 | * | .01 | .02 | .4 | * | |
| POULTRY----- | 46 | 6.0 | 2.3 | * | 4 | .5 | 140 | .01 | .08 | 1.5 | * | |
| FISH, SHELLFISH----- | 18 | 2.3 | .8 | .2 | 5 | .1 | 10 | .01 | .01 | .5 | * | |
| OTHER PROTEIN FOOD----- | 155 | 9.6 | 10.0 | 7.2 | 40 | 1.7 | 540 | .08 | .15 | 1.4 | * | |
| EGGS----- | 68 | 5.3 | 4.8 | .4 | 22 | 1.0 | 490 | .04 | .12 | * | 0 | |
| DRY LEGUMES----- | 25 | 1.5 | .3 | 4.3 | 10 | .5 | 10 | .02 | .01 | .1 | * | |
| NUTS, PEANUT BUTTER----- | 49 | 1.9 | 4.4 | 1.5 | 6 | .2 | * | .02 | .01 | 1.0 | * | |
| SOUP, MIXTURES----- | 9 | .6 | .4 | .8 | 2 | .1 | 40 | * | .01 | .1 | * | |
| ALL VEGETABLES----- | 209 | 6.0 | 3.7 | 40.7 | 62 | 2.5 | 2,800 | .20 | .15 | 3.2 | 39 | |
| POTATOES----- | 118 | 2.5 | 2.9 | 21.1 | 10 | .8 | * | .09 | .04 | 1.8 | 13 | |
| DARK GREEN----- | 2 | .2 | * | .3 | 6 | .1 | 330 | * | .01 | * | 3 | |
| DEEP YELLOW----- | 9 | .2 | * | 2.2 | 5 | .1 | 1,390 | .01 | .01 | .1 | 1 | |
| TOMATOES----- | 21 | .6 | .2 | 4.5 | 6 | .4 | 500 | .03 | .02 | .5 | 8 | |
| OTHER----- | 53 | 2.2 | .4 | 11.8 | 33 | 1.1 | 420 | .06 | .06 | .7 | 13 | |
| SOUP, MIXTURES----- | 6 | .3 | .2 | .8 | 1 | .1 | 160 | * | * | .1 | * | |
| ALL FRUIT----- | 146 | 1.4 | .5 | 37.0 | 34 | 1.0 | 420 | .12 | .06 | .8 | 53 | |
| CITRUS----- | 51 | .8 | .1 | 12.4 | 23 | .3 | 190 | .08 | .03 | .3 | 47 | |
| OTHER VITAMIN C-RICH----- | 2 | * | * | .5 | * | * | 10 | * | * | * | 1 | |
| OTHER----- | 93 | .6 | .3 | 24.0 | 11 | .7 | 230 | .04 | .04 | .4 | 5 | |
| MIXTURES----- | * | * | * | * | * | * | * | * | * | * | * | |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP--CONTINUED

NORTH CENTRAL

ALL ORGANIZATIONS

| FOOD GROUP * | AVERAGE PER DAY | | | | | | | | | | |
|--------------------------------------|-----------------|---------|------|-------------------|---------|------|-----------------------|---------|-----------------|--------|------------------|
| | FOOD ENERGY | PROTEIN | FAT | CARBO- HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO- FLAVIN | NIACIN | ASCORBIC ACID |
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) |
| | CAL | G | G | G | MG | MG | IU | MG | MG | MG | MG |
| GRAIN, ENRICHED OR WHOLE GRAIN----- | 504 | 14.9 | 4.6 | 99.3 | 117 | 5.1 | 10 | .53 | .35 | 4.5 | * |
| FLOUR----- | 123 | 3.4 | .5 | 25.5 | 20 | 1.0 | * | .12 | .08 | 1.0 | 0 |
| CEREAL, PASTES----- | 143 | 4.0 | 1.0 | 29.6 | 26 | 2.0 | 10 | .20 | .09 | 1.4 | * |
| BREAD----- | 209 | 6.8 | 2.5 | 39.1 | 65 | 1.9 | * | .19 | .16 | 1.9 | 0 |
| OTHER BAKERY PRODUCTS----- | 29 | .7 | .7 | 5.0 | 6 | .2 | * | .02 | .02 | .2 | * |
| GRAIN, NOT ENRICHED OR WHOLE GRAIN-- | 277 | 5.2 | 8.6 | 45.5 | 48 | .9 | 90 | .06 | .07 | .7 | * |
| FLOUR----- | 36 | .4 | .9 | 6.8 | 10 | .1 | * | * | .01 | * | 0 |
| CEREAL, PASTES----- | 16 | .5 | .1 | 3.4 | 1 | .1 | * | .01 | * | .1 | 0 |
| BREAD----- | 19 | .6 | .1 | 3.8 | 6 | .1 | * | .01 | .01 | .1 | 0 |
| OTHER BAKERY PRODUCTS----- | 179 | 2.8 | 6.5 | 27.7 | 24 | .5 | 50 | .03 | .04 | .3 | * |
| SOUP, MIXTURES----- | 27 | .8 | .9 | 3.7 | 7 | .1 | 40 | .01 | .01 | .2 | * |
| FATS, OILS----- | 365 | .3 | 40.6 | 1.2 | 7 | * | 890 | * | * | * | * |
| BUTTER----- | 70 | .1 | 7.9 | * | 2 | .0 | 320 | .00 | .00 | .0 | 0 |
| MARGARINE----- | 121 | .1 | 13.6 | .1 | 3 | .0 | 550 | .00 | .00 | .0 | 0 |
| OIL, SALAD DRESSING----- | 85 | .1 | 9.2 | .9 | 1 | * | 20 | * | * | * | * |
| LARD----- | 24 | * | 2.7 | * | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| VEGETABLE SHORTENING----- | 65 | * | 7.2 | .2 | 0 | .0 | * | .00 | .00 | .0 | 0 |
| SUGAR, SWEETS----- | 306 | .9 | 1.5 | 75.3 | 22 | .6 | 80 | .02 | .02 | .2 | 4 |
| SUGAR, SIRUP, JELLY, CANDY----- | 239 | .5 | 1.4 | 58.3 | 18 | .6 | 10 | .01 | .02 | .1 | * |
| OTHER SWEETS-- | | | | | | | | | | | |
| ADDED VITAMIN C----- | 9 | * | * | 2.3 | 3 | * | 70 | * | * | * | 4 |
| NO ADDED VITAMIN C----- | 58 | .4 | .1 | 14.7 | 1 | * | * | * | * | * | * |
| OTHER FOOD----- | 50 | .3 | .2 | 8.6 | 34 | .9 | 20 | .01 | .06 | 4.3 | 0 |
| ALCOHOLIC BEVERAGE----- | 21 | .1 | .0 | 1.4 | 2 | * | 0 | * | .01 | .2 | 0 |
| SUME NUTRITIVE VALUE----- | 28 | .2 | .2 | 7.3 | 33 | .9 | 20 | .01 | .05 | 4.1 | 0 |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP

NORTH CENTRAL

URBA 4

| FOOD GROUP * | AVERAGE PER DAY | | | | | | | | | | | |
|-----------------------------|-----------------|---------|-------|---------------|---------|------|-----------------|---------|-------------|--------|---------------|------|
| | FOOD ENERGY | PROTEIN | FAT | CARBO-HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO-FLAVIN | NIACIN | ASCORBIC ACID | |
| | (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) |
| | CAL | G | G | G | MG | MG | IU | MG | MG | MG | MG | |
| ALL FOOD GROUPS----- | 3,061 | 103.0 | 148.1 | 332.2 | 1,084 | 18.4 | 6,970 | 1.50 | 2.32 | 24.5 | 99 | |
| MILK, CREAM, CHEESE----- | 425 | 22.4 | 23.4 | 31.6 | 693 | .3 | 960 | .17 | .94 | .6 | 6 | |
| MILK----- | 278 | 15.7 | 14.0 | 22.6 | 531 | * | 560 | .14 | .76 | .5 | 5 | |
| CREAM, ICE CREAM----- | 72 | 1.6 | 4.3 | 7.2 | 52 | * | 180 | .01 | .08 | * | * | |
| CHEESE----- | 65 | 4.8 | 4.7 | .8 | 102 | .2 | 190 | .01 | .09 | * | 0 | |
| SOUP, MIXTURES----- | 9 | .3 | .4 | 1.0 | 8 | * | 30 | .01 | .01 | .1 | * | |
| MEAT, POULTRY, FISH----- | 698 | 43.2 | 56.4 | 1.1 | 30 | 5.9 | 1,000 | .36 | .53 | 9.2 | 1 | |
| BEEF----- | 284 | 19.4 | 22.3 | * | 11 | 2.9 | 30 | .05 | .16 | 3.7 | 0 | |
| BACON, SALT PORK----- | 99 | 1.2 | 10.3 | .1 | 2 | .2 | 0 | .02 | .02 | .2 | 0 | |
| OTHER PORK----- | 135 | 7.2 | 11.6 | * | 4 | 1.1 | 0 | .19 | .08 | 1.4 | 0 | |
| LIVER----- | 3 | .5 | .1 | .1 | * | .2 | 660 | * | .07 | .3 | * | |
| LUNCHEAT, FRANKFURTERS----- | 89 | 4.1 | 7.7 | .5 | 2 | .7 | 130 | .06 | .09 | 1.0 | 0 | |
| OTHER MEAT----- | 13 | 1.2 | .9 | * | 1 | .1 | * | .01 | .02 | .3 | * | |
| POULTRY----- | 53 | 6.9 | 2.6 | * | 4 | .6 | 160 | .02 | .09 | 1.7 | * | |
| FISH, SHELLFISH----- | 21 | 2.6 | 1.0 | .2 | 5 | .1 | 10 | .01 | .01 | .6 | * | |
| OTHER PROTEIN FOOD----- | 157 | 9.8 | 9.9 | 7.6 | 41 | 1.8 | 550 | .09 | .15 | 1.4 | * | |
| EGGS----- | 68 | 5.4 | 4.8 | .4 | 23 | 1.0 | 490 | .04 | .12 | * | 0 | |
| DRY LEGUMES----- | 27 | 1.6 | .3 | 4.6 | 11 | .5 | 10 | .02 | .01 | .2 | * | |
| NUTS, PEANUT BUTTER----- | 47 | 1.8 | 4.2 | 1.4 | 5 | .2 | * | .02 | .01 | 1.0 | * | |
| SOUP, MIXTURES----- | 10 | .6 | .5 | .8 | 2 | .1 | 40 | .01 | .01 | .1 | * | |
| ALL VEGETABLES----- | 195 | 5.8 | 3.7 | 37.6 | 64 | 2.5 | 2,830 | .19 | .15 | 3.0 | 40 | |
| POTATOES----- | 104 | 2.1 | 2.8 | 18.0 | 9 | .7 | * | .08 | .04 | 1.6 | 11 | |
| DARK GREEN----- | 2 | .2 | * | .4 | 8 | .1 | 420 | .01 | .01 | * | 4 | |
| DEEP YELLOW----- | 9 | .2 | * | 2.1 | 5 | .1 | 1,270 | .01 | .01 | .1 | 1 | |
| TOMATOES----- | 22 | .7 | .2 | 4.7 | 7 | .4 | 560 | .04 | .02 | .5 | 10 | |
| OTHER----- | 53 | 2.3 | .4 | 11.7 | 34 | 1.1 | 450 | .07 | .07 | .7 | 14 | |
| SOUP, MIXTURES----- | 5 | .2 | .2 | .7 | 1 | * | 130 | * | * | .1 | * | |
| ALL FRUIT----- | 128 | 1.3 | .4 | 32.3 | 29 | 1.0 | 590 | .11 | .06 | .7 | 46 | |
| CITRUS----- | 40 | .6 | .1 | 9.7 | 16 | .2 | 150 | .07 | .02 | .3 | 37 | |
| OTHER VITAMIN C-RICH----- | 3 | * | * | .8 | 1 | * | 130 | * | * | * | 3 | |
| OTHER----- | 85 | .6 | .3 | 21.8 | 12 | .7 | 320 | .04 | .04 | .4 | 6 | |
| MIXTURES----- | * | * | * | * | * | * | * | * | * | * | * | |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP--CONTINUED

NORTH CENTRAL

URBAN

| FOOD GROUP † | AVERAGE PER DAY | | | | | | | | | | |
|--------------------------------------|-----------------|---------|------|---------------|---------|------|-----------------|---------|-------------|--------|---------------|
| | FOOD ENERGY | PROTEIN | FAT | CARBO-HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO-FLAVIN | NIACIN | ASCORBIC ACID |
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) |
| | CAL | G | G | G | MG | MG | IU | MG | MG | MG | MG |
| GRAIN, ENRICHED OR WHOLE GRAIN----- | 466 | 13.8 | 4.7 | 91.2 | 112 | 4.6 | 10 | .49 | .33 | 4.2 | 1 |
| FLOUR----- | 82 | 2.3 | .3 | 17.1 | 15 | .7 | * | .08 | .06 | .7 | 0 |
| CEREAL, PASTES----- | 130 | 3.6 | .8 | 27.2 | 24 | 1.8 | 10 | .19 | .09 | 1.4 | * |
| BREAD----- | 213 | 7.0 | 2.5 | 40.0 | 66 | 2.0 | * | .20 | .16 | 1.9 | 0 |
| OTHER BAKERY PRODUCTS----- | 40 | .9 | 1.1 | 6.9 | 8 | .2 | 10 | .03 | .02 | .2 | * |
| GRAIN, NOT ENRICHED OR WHOLE GRAIN-- | 291 | 5.3 | 9.3 | 47.5 | 51 | .9 | 110 | .06 | .07 | .7 | * |
| FLOUR----- | 29 | .4 | .8 | 5.5 | 9 | .1 | * | * | .01 | * | * |
| CEREAL, PASTES----- | 12 | .3 | .1 | 2.4 | 1 | .1 | * | .01 | * | .1 | 0 |
| BREAD----- | 20 | .7 | .1 | 4.2 | 6 | .1 | * | .01 | .01 | .1 | 0 |
| OTHER BAKERY PRODUCTS----- | 200 | 3.1 | 7.2 | 31.2 | 28 | .5 | 60 | .03 | .05 | .4 | * |
| SOUP, MIXTURES----- | 29 | .8 | 1.1 | 4.1 | 7 | .1 | 50 | .01 | .01 | .1 | * |
| FATS, OILS----- | 347 | .3 | 38.6 | 1.3 | 6 | * | 830 | * | * | * | * |
| BUTTER----- | 71 | .1 | 8.1 | * | 2 | .0 | 330 | .00 | .00 | .0 | 0 |
| MARGARINE----- | 106 | .1 | 12.0 | .1 | 3 | .0 | 490 | .00 | .00 | .0 | 0 |
| OIL, SALAD DRESSING----- | 96 | .1 | 10.3 | 1.0 | 1 | * | 20 | * | * | * | * |
| LARD----- | 17 | * | 1.9 | * | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| VEGETABLE SHORTENING----- | 57 | * | 6.4 | .2 | 0 | .0 | * | .00 | .00 | .0 | 0 |
| SUGAR, SWEETS----- | 298 | .8 | 1.6 | 73.2 | 23 | .5 | 70 | .01 | .02 | .1 | 5 |
| SUGAR, SIRUP, JELLY, CANDY----- | 223 | .5 | 1.5 | 53.9 | 17 | .5 | 10 | .01 | .02 | .1 | * |
| OTHER SWEETS-- | | | | | | | | | | | |
| ADDED VITAMIN C----- | 13 | * | * | 3.3 | 4 | * | 60 | * | * | * | 4 |
| NO ADDED VITAMIN C----- | 62 | .3 | .1 | 16.0 | 1 | * | * | * | * | * | * |
| OTHER FOOD----- | 57 | .3 | .2 | 8.8 | 34 | 1.0 | 20 | .01 | .06 | 4.6 | 0 |
| ALCOHOLIC BEVERAGE----- | 29 | .1 | .0 | 1.8 | 2 | * | 0 | * | .01 | .3 | 0 |
| SOME NUTRITIVE VALUE----- | 27 | .1 | .2 | 7.0 | 32 | .9 | 20 | .01 | .04 | 4.3 | 0 |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP

NORTH CENTRAL

URBAN

| FOOD GROUP † | AVERAGE PER DAY | | | | | | | | | | |
|------------------------------|-----------------|---------|-------|---------------|---------|------|-----------------|----------|-------------|--------|---------------|
| | FOOD ENERGY | PROTEIN | FAT | CARBO-HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIA-MIN | RIBO-FLAVIN | NIACIN | ASCORBIC ACID |
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) |
| | CAL | G | G | G | MG | MG | IU | MG | MG | MG | MG |
| ALL FOOD GROUPS----- | 3,083 | 104.8 | 151.2 | 327.6 | 1,067 | 18.9 | 7,080 | 1.52 | 2.33 | 24.9 | 98 |
| MILK, CREAM, CHEESE----- | 414 | 21.7 | 22.9 | 30.7 | 669 | .3 | 940 | .16 | .91 | .6 | 5 |
| MILK----- | 268 | 15.0 | 13.5 | 21.7 | 506 | * | 550 | .13 | .73 | .5 | 5 |
| CREAM, ICE CREAM----- | 73 | 1.6 | 4.3 | 7.3 | 53 | * | 180 | .01 | .08 | * | * |
| CHEESE----- | 65 | 4.8 | 4.7 | .8 | 102 | .2 | 190 | * | .09 | * | 0 |
| SOUP, MIXTURES----- | 9 | .3 | .4 | 1.0 | 8 | * | 30 | * | .01 | * | * |
| MEAT, POULTRY, FISH----- | 741 | 45.8 | 60.0 | 1.1 | 33 | 6.3 | 1,090 | .40 | .57 | 9.7 | * |
| BEEF----- | 291 | 19.7 | 22.9 | .0 | 11 | 2.9 | 30 | .05 | .16 | 3.8 | 0 |
| BACON, SALT PORK----- | 106 | 1.3 | 11.1 | .2 | 2 | .2 | 0 | .03 | .02 | .7 | 0 |
| OTHER PORK----- | 154 | 8.5 | 13.0 | * | 5 | 1.3 | 0 | .22 | .09 | 1.7 | 0 |
| LIVER----- | 4 | .6 | .1 | .1 | * | .3 | 750 | * | .08 | .3 | * |
| LUNCHMEAT, FRANKFURTERS----- | 97 | 4.5 | 8.4 | .6 | 3 | .7 | 120 | .06 | .09 | 1.0 | 0 |
| OTHER MEAT----- | 12 | 1.2 | .7 | * | * | .2 | * | * | .02 | .3 | * |
| POULTRY----- | 53 | 7.1 | 2.6 | * | 4 | .7 | 170 | .02 | .10 | 1.7 | * |
| FISH, SHELLFISH----- | 23 | 2.9 | 1.1 | .2 | 7 | .1 | 20 | * | .01 | .7 | * |
| OTHER PROTEIN FOOD----- | 162 | 10.2 | 10.1 | 8.0 | 43 | 1.9 | 580 | .09 | .16 | 1.4 | * |
| EGGS----- | 71 | 5.7 | 5.0 | .4 | 24 | 1.0 | 520 | .04 | .12 | * | 0 |
| DRY LEGUMES----- | 30 | 1.8 | .4 | 5.0 | 12 | .6 | 10 | .03 | .01 | .2 | * |
| NUTS, PEANUT BUTTER----- | 46 | 1.8 | 4.0 | 1.4 | 5 | .2 | * | .01 | .01 | 1.0 | * |
| SOUP, MIXTURES----- | 11 | .6 | .5 | .8 | 2 | * | 40 | * | * | * | * |
| ALL VEGETABLES----- | 190 | 5.6 | 3.6 | 36.7 | 64 | 2.4 | 2,950 | .19 | .15 | 2.9 | 38 |
| POTATOES----- | 103 | 2.1 | 2.7 | 17.9 | 9 | .6 | * | .08 | .04 | 1.6 | 11 |
| DARK GREEN----- | 3 | .3 | * | .5 | 10 | .2 | 550 | * | .01 | * | 4 |
| DEEP YELLOW----- | 8 | .2 | * | 1.9 | 5 | .1 | 1,340 | * | * | * | * |
| TOMATOES----- | 20 | .6 | .2 | 4.3 | 6 | .4 | 500 | .03 | .02 | .5 | 8 |
| OTHER----- | 52 | 2.2 | .4 | 11.4 | 33 | 1.1 | 430 | .06 | .07 | .7 | 13 |
| SOUP, MIXTURES----- | 5 | .2 | .2 | .6 | 1 | * | 120 | * | * | * | * |
| ALL FRUIT----- | 123 | 1.3 | .4 | 31.1 | 30 | 1.0 | 500 | .10 | .06 | .7 | 48 |
| CITRUS----- | 40 | .6 | .1 | 9.6 | 16 | .2 | 140 | .07 | .02 | .3 | 37 |
| OTHER VITAMIN C-RICH----- | 5 | * | * | 1.1 | 2 | * | 80 | * | * | * | 5 |
| OTHER----- | 79 | .6 | .3 | 20.3 | 12 | .6 | 270 | .03 | .04 | .4 | 6 |
| MIXTURES----- | * | * | * | * | * | * | * | * | * | * | * |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP--CONTINUED

NORTH CENTRAL

URBAN

| FOOD GROUP ‡ | AVERAGE PER DAY | | | | | | | | | | |
|--------------------------------------|-----------------|---------|------|--------------|---------|------|-----------------|---------|------------|--------|---------------|
| | FOOD ENERGY | PROTEIN | FAT | CARBOHYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBOFLAVIN | NIACIN | ASCORBIC ACID |
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) |
| | CAL | G | G | G | MG | MG | IU | MG | MG | MG | MG |
| GRAIN, ENRICHED OR WHOLE GRAIN----- | 460 | 13.7 | 4.6 | 90.1 | 115 | 4.7 | 10 | .50 | .33 | 4.3 | * |
| FLOUR----- | 75 | 2.1 | .3 | 15.5 | 14 | .6 | * | .07 | .05 | .6 | 0 |
| CEREAL, PASTES----- | 130 | 3.6 | .8 | 27.4 | 26 | 1.8 | * | .20 | .09 | 1.5 | * |
| BREAD----- | 213 | 7.0 | 2.5 | 40.1 | 66 | 2.0 | * | .20 | .16 | 1.9 | 0 |
| OTHER BAKERY PRODUCTS----- | 42 | 1.1 | 1.0 | 7.1 | 10 | .3 | * | .03 | .03 | .3 | * |
| GRAIN, NOT ENRICHED OR WHOLE GRAIN-- | 291 | 5.2 | 9.3 | 47.3 | 50 | .9 | 100 | .06 | .07 | .7 | * |
| FLOUR----- | 28 | .3 | .7 | 5.2 | 9 | * | * | * | * | * | * |
| CEREAL, PASTES----- | 12 | .3 | .1 | 2.5 | * | * | * | * | * | * | 0 |
| BREAD----- | 20 | .7 | .1 | 4.2 | 6 | .1 | * | .01 | * | .1 | 0 |
| OTHER BAKERY PRODUCTS----- | 202 | 3.1 | 7.3 | 31.4 | 28 | .5 | 50 | .03 | .04 | .4 | * |
| SOUP, MIXTURES----- | 28 | .8 | 1.0 | 4.0 | 6 | .1 | 40 | * | .01 | .1 | * |
| FATS, OILS----- | 346 | .3 | 38.5 | 1.3 | 6 | * | 830 | * | * | * | * |
| BUTTER----- | 70 | * | 7.9 | * | 2 | .0 | 320 | .00 | .00 | .0 | 0 |
| MARGARINE----- | 106 | * | 11.9 | * | 3 | .0 | 480 | .00 | .00 | .0 | 0 |
| OIL, SALAD DRESSING----- | 96 | * | 10.3 | 1.1 | 2 | * | 20 | * | * | * | * |
| LARD----- | 19 | * | 2.1 | * | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| VEGETABLE SHORTENING----- | 56 | * | 6.3 | .2 | 0 | .0 | * | .00 | .00 | .0 | 0 |
| SUGAR, SWEETS----- | 296 | .8 | 1.6 | 72.7 | 24 | .5 | 70 | .01 | .02 | .1 | 6 |
| SUGAR, SIRUP, JELLY, CANDY----- | 219 | .5 | 1.5 | 52.9 | 18 | .5 | * | * | .02 | .1 | * |
| OTHER SWEETS-- | | | | | | | | | | | |
| ADDED VITAMIN C----- | 14 | * | * | 3.6 | 5 | * | 60 | * | * | * | 5 |
| NO ADDED VITAMIN C----- | 63 | .3 | * | 16.2 | 1 | * | * | * | * | * | * |
| OTHER FOOD----- | 59 | .3 | .2 | 8.7 | 33 | 1.0 | 20 | .01 | .06 | 4.6 | 0 |
| ALCOHOLIC BEVERAGE----- | 33 | .2 | .0 | 2.0 | 3 | * | 0 | * | .02 | .3 | 0 |
| SOME NUTRITIVE VALUE----- | 26 | .2 | .2 | 6.7 | 31 | 1.0 | 20 | .01 | .05 | 4.3 | 0 |

‡ SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP

NORTH CENTRAL

URBAN

| FOOD GROUP * | AVERAGE PER DAY | | | | | | | | | | |
|------------------------------|-----------------|---------|-------|---------------|---------|------|-----------------|---------|-------------|--------|---------------|
| | FOOD ENERGY | PROTEIN | FAT | CARBO-HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO-FLAVIN | NIACIN | ASCORBIC ACID |
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) |
| | CAL | G | G | G | MG | MG | IU | MG | MG | MG | MG |
| ALL FOOD GROUPS----- | 3,019 | 100.1 | 145.4 | 332.4 | 1,066 | 17.8 | 6,940 | 1.45 | 2.28 | 23.8 | 100 |
| MILK, CREAM, CHEESE----- | 423 | 22.1 | 22.9 | 32.4 | 683 | .3 | 950 | .17 | .93 | .6 | 6 |
| MILK----- | 263 | 15.1 | 12.9 | 21.6 | 511 | .1 | 520 | .14 | .73 | .5 | 5 |
| CREAM, ICE CREAM----- | 84 | 1.9 | 4.8 | 8.7 | 62 | * | 200 | .02 | .09 | * | 1 |
| CHEESE----- | 65 | 4.8 | 4.6 | .9 | 100 | .2 | 190 | .01 | .09 | * | 0 |
| SOUP, MIXTURES----- | 11 | .3 | .5 | 1.2 | 10 | * | 40 | .01 | .02 | .1 | 1 |
| MEAT, POULTRY, FISH----- | 681 | 41.5 | 55.3 | 1.1 | 29 | 5.7 | 840 | .34 | .50 | 8.7 | * |
| BEEF----- | 266 | 18.4 | 20.8 | * | 11 | 2.7 | 30 | .05 | .15 | 3.5 | 0 |
| BACON, SALT PORK----- | 114 | 1.4 | 11.9 | .2 | 2 | .2 | 0 | .03 | .02 | .3 | 0 |
| OTHER PORK----- | 124 | 6.6 | 10.6 | * | 4 | 1.0 | 0 | .17 | .07 | 1.3 | 0 |
| LIVER----- | 3 | .4 | .1 | .1 | * | .2 | 500 | * | .06 | .2 | * |
| LUNCHMEAT, FRANKFURTERS----- | 93 | 4.2 | 8.0 | .5 | 2 | .7 | 120 | .06 | .09 | 1.0 | 0 |
| OTHER MEAT----- | 13 | 1.1 | .9 | * | 1 | .1 | 0 | .01 | .01 | .3 | * |
| POULTRY----- | 47 | 6.6 | 2.1 | * | 4 | .6 | 160 | .01 | .09 | 1.6 | 0 |
| FISH, SHELLFISH----- | 22 | 2.7 | 1.0 | .3 | 5 | .1 | 20 | .01 | .01 | .7 | * |
| OTHER PROTEIN FOOD----- | 149 | 9.5 | 9.2 | 7.5 | 40 | 1.7 | 530 | .08 | .15 | 1.3 | * |
| EGGS----- | 66 | 5.2 | 4.6 | .4 | 22 | .9 | 480 | .04 | .11 | * | 0 |
| DRY LEGUMES----- | 28 | 1.7 | .4 | 4.7 | 11 | .5 | 20 | .02 | .01 | .2 | * |
| NUTS, PEANUT BUTTER----- | 42 | 1.7 | 3.6 | 1.3 | 5 | .2 | * | .01 | .01 | .9 | * |
| SOUP, MIXTURES----- | 8 | .5 | .4 | .7 | 1 | .1 | 30 | * | .01 | .1 | * |
| ALL VEGETABLES----- | 202 | 6.1 | 4.2 | 38.5 | 67 | 2.6 | 2,610 | .21 | .17 | 3.1 | 45 |
| POTATOES----- | 103 | 2.0 | 3.2 | 17.3 | 9 | .6 | * | .07 | .03 | 1.5 | 10 |
| DARK GREEN----- | 2 | .2 | * | .4 | 6 | .1 | 320 | .01 | .01 | * | 3 |
| DEEP YELLOW----- | 6 | .1 | * | 1.3 | 3 | .1 | 930 | * | * | .1 | 1 |
| TOMATOES----- | 26 | .9 | .3 | 5.5 | 10 | .5 | 730 | .05 | .03 | .6 | 15 |
| OTHER----- | 61 | 2.6 | .5 | 13.4 | 38 | 1.2 | 520 | .08 | .09 | .8 | 16 |
| SOUP, MIXTURES----- | 5 | .2 | .2 | .6 | 1 | * | 110 | * | * | .1 | * |
| ALL FRUIT----- | 119 | 1.4 | .4 | 29.9 | 26 | 1.0 | 1,070 | .10 | .07 | .9 | 42 |
| CITRUS----- | 31 | .5 | .1 | 7.5 | 10 | .2 | 110 | .05 | .01 | .2 | 28 |
| OTHER VITAMIN C-RICH----- | 5 | .1 | * | 1.3 | 2 | .1 | 390 | .01 | .01 | .1 | 5 |
| OTHER----- | 82 | .8 | .3 | 21.0 | 13 | .7 | 570 | .04 | .05 | .6 | 8 |
| MIXTURES----- | * | * | * | * | * | * | * | * | * | * | * |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP--CONTINUED

NORTH CENTRAL

URBAN

| FOOD GROUP * | AVERAGE PER DAY | | | | | | | | | | |
|--------------------------------------|-----------------|---------|------|-------------------|---------|------|-----------------------|---------|-----------------|--------|------------------|
| | FOOD ENERGY | PROTEIN | FAT | CARBO- HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO- FLAVIN | NIACIN | ASCORBIC ACID |
| | (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) |
| | CAL | G | G | G | MG | MG | IU | MG | MG | MG | MG |
| GRAIN, ENRICHED OR WHOLE GRAIN----- | 456 | 13.2 | 5.0 | 88.7 | 108 | 4.4 | 10 | .48 | .32 | 4.1 | * |
| FLOUR----- | 66 | 1.8 | .3 | 13.8 | 12 | .5 | * | .06 | .05 | .6 | 0 |
| CEREAL, PASTES----- | 125 | 3.4 | .7 | 26.5 | 23 | 1.6 | * | .19 | .09 | 1.4 | * |
| BREAD----- | 209 | 6.8 | 2.4 | 39.2 | 64 | 1.9 | * | .19 | .16 | 1.9 | 0 |
| OTHER BAKERY PRODUCTS----- | 55 | 1.1 | 1.6 | 9.3 | 8 | .3 | 10 | .03 | .02 | .2 | * |
| GRAIN, NOT ENRICHED OR WHOLE GRAIN-- | 296 | 5.3 | 9.5 | 48.4 | 53 | .9 | 100 | .06 | .07 | .7 | * |
| FLOUR----- | 29 | .4 | .7 | 5.4 | 10 | .1 | * | * | .01 | * | 0 |
| CEREAL, PASTES----- | 10 | .3 | .1 | 2.1 | * | .1 | * | .01 | * | * | 0 |
| BREAD----- | 18 | .6 | .1 | 3.7 | 6 | .1 | * | .01 | .01 | .1 | 0 |
| OTHER BAKERY PRODUCTS----- | 210 | 3.3 | 7.5 | 33.0 | 31 | .6 | 60 | .03 | .05 | .4 | * |
| SOUP, MIXTURES----- | 28 | .7 | 1.1 | 4.1 | 6 | .1 | 40 | .01 | .01 | .1 | * |
| FATS, OILS----- | 340 | .3 | 37.6 | 1.5 | 6 | * | 770 | * | * | * | * |
| BUTTER----- | 61 | .1 | 6.9 | * | 2 | .0 | 280 | .00 | .00 | .0 | 0 |
| MARGARINE----- | 101 | .1 | 11.3 | .1 | 3 | .0 | 460 | .00 | .00 | .0 | 0 |
| OIL, SALAD DRESSING----- | 107 | .1 | 11.5 | 1.2 | 2 | * | 20 | * | * | * | * |
| LARD----- | 15 | .0 | 1.7 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| VEGETABLE SHORTENING----- | 55 | * | 6.2 | .2 | 0 | .0 | * | .00 | .00 | .0 | 0 |
| SUGAR, SWEETS----- | 306 | .6 | 1.1 | 76.7 | 21 | .5 | 50 | .01 | .02 | .1 | 6 |
| SUGAR, SIRUP, JELLY, CANDY----- | 220 | .3 | 1.0 | 54.4 | 14 | .4 | 10 | .01 | .01 | .1 | * |
| OTHER SWEETS-- | | | | | | | | | | | |
| ADDED VITAMIN C----- | 18 | * | * | 4.8 | 6 | * | 40 | * | * | * | 5 |
| NO ADDED VITAMIN C----- | 67 | .3 | .1 | 17.5 | 1 | * | * | * | * | * | * |
| OTHER FOOD----- | 48 | .2 | .1 | 7.7 | 32 | .8 | 10 | * | .05 | 4.2 | 0 |
| ALCOHOLIC BEVERAGE----- | 25 | .1 | .0 | 1.6 | 2 | * | 0 | * | .01 | .2 | 0 |
| SOME NUTRITIVE VALUE----- | 23 | .1 | .1 | 6.1 | 30 | .8 | 10 | * | .04 | 3.9 | 0 |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 5.—NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP

NORTH CENTRAL

URBAN

| FOOD GROUP * | AVERAGE PER DAY | | | | | | | | | | |
|------------------------------|-----------------|---------|-------|-------------------|---------|------|-----------------------|---------|-----------------|--------|------------------|
| | FOOD ENERGY | PROTEIN | FAT | CARBO- HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO- FLAVIN | NIACIN | ASCORBIC ACID |
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) |
| | CAL | G | G | G | MG | MG | IU | MG | MG | MG | MG |
| ALL FOOD GROUPS----- | 3,118 | 105.1 | 151.4 | 335.9 | 1,106 | 18.6 | 6,940 | 1.51 | 2.36 | 25.3 | 91 |
| MILK, CREAM, CHEESE----- | 437 | 22.9 | 24.3 | 32.1 | 713 | .3 | 1,000 | .17 | .97 | .6 | 6 |
| MILK----- | 300 | 16.7 | 15.3 | 24.2 | 563 | * | 620 | .15 | .81 | .5 | 5 |
| CREAM, ICE CREAM----- | 68 | 1.5 | 4.2 | 6.5 | 48 | * | 170 | .01 | .07 | * | * |
| CHEESE----- | 61 | 4.5 | 4.5 | .7 | 96 | .1 | 180 | .01 | .08 | * | 0 |
| SOUP, MIXTURES----- | 7 | .2 | .4 | .8 | 6 | * | 20 | * | .01 | .1 | * |
| MEAT, POULTRY, FISH----- | 704 | 44.2 | 56.6 | 1.2 | 31 | 6.0 | 1,030 | .37 | .53 | 9.5 | 1 |
| BEEF----- | 282 | 19.5 | 22.0 | .0 | 11 | 2.9 | 30 | .05 | .16 | 3.7 | 0 |
| BACON, SALT PORK----- | 91 | 1.1 | 9.5 | .1 | 2 | .2 | 0 | .02 | .01 | .2 | 0 |
| OTHER PORK----- | 140 | 7.4 | 12.0 | * | 4 | 1.1 | 0 | .20 | .08 | 1.4 | 0 |
| LIVER----- | 3 | .5 | .1 | .1 | * | .2 | 680 | * | .07 | .3 | * |
| LUNCHMEAT, FRANKFURTERS----- | 86 | 4.0 | 7.4 | .5 | 2 | .7 | 130 | .06 | .08 | 1.0 | 0 |
| OTHER MEAT----- | 14 | 1.3 | 1.0 | * | 1 | .1 | * | .01 | .02 | .3 | * |
| POULTRY----- | 68 | 8.1 | 3.7 | * | 5 | .7 | 180 | .02 | .10 | 2.0 | * |
| FISH, SHELLFISH----- | 19 | 2.4 | .8 | .4 | 5 | .1 | 10 | .01 | .01 | .5 | * |
| OTHER PROTEIN FOOD----- | 167 | 10.1 | 10.9 | 7.9 | 42 | 1.8 | 560 | .09 | .16 | 1.5 | 1 |
| EGGS----- | 68 | 5.4 | 4.8 | .4 | 23 | 1.0 | 490 | .04 | .12 | * | 0 |
| DRY LEGUMES----- | 26 | 1.5 | .3 | 4.5 | 10 | .5 | 10 | .02 | .01 | .1 | * |
| NUTS, PEANUT BUTTER----- | 56 | 2.1 | 5.0 | 1.7 | 7 | .2 | * | .02 | .01 | 1.1 | * |
| SOUP, MIXTURES----- | 12 | .7 | .6 | 1.0 | 2 | .1 | 50 | .01 | .01 | .1 | * |
| ALL VEGETABLES----- | 188 | 5.5 | 3.3 | 36.8 | 61 | 2.4 | 2,870 | .19 | .14 | 2.8 | 39 |
| POTATOES----- | 99 | 2.1 | 2.4 | 17.8 | 9 | .6 | * | .08 | .04 | 1.6 | 11 |
| DARK GREEN----- | 2 | .2 | * | .4 | 7 | .1 | 370 | .01 | .01 | * | 4 |
| DEEP YELLOW----- | 13 | .3 | .1 | 3.0 | 6 | .1 | 1,480 | .01 | .01 | .1 | 2 |
| TOMATOES----- | 19 | .6 | .2 | 4.2 | 6 | .4 | 500 | .03 | .02 | .5 | 9 |
| OTHER----- | 48 | 2.1 | .4 | 10.6 | 32 | 1.0 | 390 | .06 | .06 | .6 | 13 |
| SOUP, MIXTURES----- | 5 | .2 | .2 | .7 | 1 | .1 | 130 | * | * | .1 | * |
| ALL FRUIT----- | 128 | 1.2 | .4 | 32.4 | 25 | .8 | 360 | .10 | .06 | .6 | 40 |
| CITRUS----- | 37 | .6 | .1 | 9.0 | 14 | .2 | 140 | .06 | .02 | .3 | 34 |
| OTHER VITAMIN C-RICH----- | 1 | * | * | .2 | * | * | 20 | * | * | * | * |
| OTHER----- | 90 | .6 | .3 | 23.1 | 11 | .6 | 190 | .04 | .04 | .4 | 5 |
| MIXTURES----- | * | * | * | * | * | * | * | * | * | * | * |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP--CONTINUED

NORTH CENTRAL

URBAN

| FOOD GROUP * | AVERAGE PER DAY | | | | | | | | | | | |
|---------------------------------------|-----------------|---------|------|---------------|---------|------|-----------------|---------|-------------|--------|---------------|------|
| | FOOD ENERGY | PROTEIN | FAT | CARBO-HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO-FLAVIN | NIACIN | ASCORBIC ACID | |
| | (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) |
| | CAL | G | G | G | MG | MG | IU | MG | MG | MG | MG | |
| GRAIN, ENRICHED OR WHOLE GRAIN----- | 476 | 14.3 | 4.7 | 93.2 | 115 | 4.7 | 10 | .51 | .33 | 4.3 | 1 | |
| FLOUR----- | 94 | 2.6 | .4 | 19.6 | 16 | .8 | * | .09 | .07 | .8 | 0 | |
| CEKEAL, PASTES----- | 125 | 3.5 | .8 | 25.8 | 23 | 1.7 | 10 | .18 | .08 | 1.3 | 1 | |
| BREAD----- | 223 | 7.3 | 2.6 | 41.9 | 69 | 2.1 | 0 | .21 | .17 | 2.0 | 0 | |
| OTHER BAKERY PRODUCTS----- | 34 | .8 | .9 | 5.9 | 7 | .2 | 10 | .02 | .02 | .2 | * | |
| GRAIN, NOT ENRICHED OR WHOLE GRAIN--- | 288 | 5.4 | 9.2 | 46.9 | 49 | .9 | 140 | .06 | .07 | .7 | * | |
| FLOUR----- | 28 | .4 | .7 | 5.2 | 8 | .1 | * | * | .01 | * | * | |
| CEREAL, PASTES----- | 10 | .3 | .1 | 1.9 | * | .1 | * | .01 | * | * | 0 | |
| BREAD----- | 22 | .8 | .1 | 4.7 | 7 | .1 | * | .01 | .01 | .1 | 0 | |
| OTHER BAKERY PRODUCTS----- | 197 | 3.1 | 7.1 | 30.9 | 27 | .6 | 50 | .03 | .04 | .4 | * | |
| SOUP, MIXTURES----- | 30 | .8 | 1.2 | 4.2 | 7 | .1 | 80 | .01 | .01 | .1 | * | |
| FATS, OILS----- | 357 | .3 | 39.7 | 1.2 | 7 | * | 910 | * | * | * | * | |
| BUTTER----- | 83 | .1 | 9.4 | * | 2 | .0 | 380 | .00 | .00 | .0 | 0 | |
| MARGARINE----- | 111 | .1 | 12.4 | .1 | 3 | .0 | 510 | .00 | .00 | .0 | 0 | |
| OIL, SALAD DRESSING----- | 88 | .1 | 9.5 | .9 | 1 | * | 20 | * | * | * | * | |
| LARD----- | 23 | * | 2.5 | * | 0 | .0 | 0 | .00 | .00 | .0 | 0 | |
| VEGETABLE SHORTENING----- | 53 | * | 5.9 | .2 | 0 | .0 | * | .00 | .00 | .0 | 0 | |
| SUGAR, SWEETS----- | 309 | 1.0 | 2.2 | 74.5 | 25 | .6 | 60 | .02 | .03 | .2 | 4 | |
| SUGAR, SIRUP, JELLY, CANDY----- | 241 | .7 | 2.1 | 57.1 | 21 | .5 | 10 | .01 | .02 | .2 | * | |
| OTHER SWEETS-- | | | | | | | | | | | | |
| ADDED VITAMIN C----- | 10 | * | * | 2.5 | 3 | * | 50 | * | * | * | 4 | |
| NO ADDED VITAMIN C----- | 58 | .2 | .1 | 14.9 | 1 | * | * | * | * | * | * | |
| OTHER FOOD----- | 63 | .3 | .2 | 9.6 | 38 | 1.0 | 10 | .01 | .06 | 5.0 | 0 | |
| ALCOHOLIC BEVERAGE----- | 33 | .1 | .0 | 2.0 | 3 | * | 0 | * | .02 | .3 | 0 | |
| SOME NUTRITIVE VALUE----- | 29 | .1 | .2 | 7.6 | 36 | 1.0 | 10 | .01 | .04 | 4.8 | 0 | |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP

NORTH CENTRAL

URBAN

| FOOD GROUP † | AVERAGE PER DAY | | | | | | | | | | |
|------------------------------|-----------------|---------|-------|---------------|---------|------|-----------------|---------|-------------|--------|---------------|
| | FOOD ENERGY | PROTEIN | FAT | CARBO-HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO-FLAVIN | NIACIN | ASCORBIC ACID |
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) |
| | CAL | G | G | G | MG | MG | IU | MG | MG | MG | MG |
| ALL FOOD GROUPS----- | 3,025 | 102.0 | 144.3 | 333.2 | 1,099 | 18.4 | 6,910 | 1.49 | 2.32 | 24.1 | 104 |
| MILK, CREAM, CHEESE----- | 427 | 23.1 | 23.5 | 31.0 | 711 | .3 | 970 | .17 | .97 | .6 | 6 |
| MILK----- | 285 | 16.2 | 14.2 | 23.0 | 548 | * | 580 | .15 | .79 | .5 | 5 |
| CREAM, ICE CREAM----- | 62 | 1.4 | 3.8 | 6.0 | 45 | * | 160 | .01 | .06 | * | * |
| CHEESE----- | 70 | 5.2 | 5.1 | .9 | 110 | .2 | 210 | .01 | .10 | * | 0 |
| SOUP, MIXTURES----- | 10 | .3 | .4 | 1.1 | 8 | .1 | 30 | .01 | .01 | .1 | * |
| MEAT, POULTRY, FISH----- | 661 | 41.4 | 53.3 | 1.0 | 27 | 5.7 | 1,030 | .33 | .51 | 8.7 | 1 |
| BEEF----- | 296 | 20.0 | 23.4 | .0 | 12 | 3.0 | 30 | .05 | .16 | 3.8 | 0 |
| BACON, SALT PORK----- | 82 | 1.0 | 8.6 | .1 | 2 | .1 | 0 | .02 | .01 | .2 | 0 |
| OTHER PORK----- | 123 | 6.3 | 10.6 | * | 4 | 1.0 | 0 | .17 | .07 | 1.2 | 0 |
| LIVER----- | 3 | .5 | .1 | .1 | * | .2 | 710 | * | .07 | .3 | * |
| LUNCHMEAT, FRANKFURTERS----- | 80 | 3.8 | 6.9 | .5 | 2 | .6 | 140 | .05 | .08 | .9 | 0 |
| OTHER MEAT----- | 14 | 1.3 | .9 | * | 1 | .1 | * | .01 | .02 | .3 | * |
| POULTRY----- | 44 | 6.0 | 2.0 | * | 4 | .6 | 140 | .01 | .08 | 1.4 | 0 |
| FISH, SHELLFISH----- | 18 | 2.5 | .8 | .2 | 4 | .1 | 10 | .01 | .01 | .5 | * |
| OTHER PROTEIN FOOD----- | 150 | 9.4 | 9.6 | 7.0 | 39 | 1.7 | 530 | .08 | .15 | 1.3 | * |
| EGGS----- | 66 | 5.3 | 4.7 | .4 | 22 | .9 | 480 | .04 | .12 | * | 0 |
| DRY LEGUMES----- | 25 | 1.5 | .3 | 4.2 | 9 | .5 | 10 | .02 | .01 | .1 | * |
| NUTS, PEANUT BUTTER----- | 46 | 1.8 | 4.1 | 1.4 | 5 | .2 | * | .02 | .01 | .9 | * |
| SOUP, MIXTURES----- | 9 | .6 | .4 | .7 | 1 | .1 | 30 | .01 | .01 | .1 | * |
| ALL VEGETABLES----- | 199 | 5.8 | 3.8 | 38.4 | 64 | 2.5 | 2,910 | .19 | .15 | 3.0 | 39 |
| POTATOES----- | 109 | 2.3 | 2.9 | 19.1 | 9 | .7 | * | .08 | .04 | 1.7 | 12 |
| DARK GREEN----- | 2 | .2 | * | .4 | 8 | .1 | 440 | .01 | .01 | .1 | 4 |
| DEEP YELLOW----- | 9 | .2 | * | 2.2 | 5 | .1 | 1,370 | .01 | .01 | .1 | 1 |
| TOMATOES----- | 21 | .6 | .2 | 4.6 | 6 | .4 | 510 | .03 | .02 | .5 | 8 |
| OTHER----- | 51 | 2.2 | .4 | 11.3 | 34 | 1.1 | 440 | .06 | .07 | .6 | 14 |
| SOUP, MIXTURES----- | 6 | .3 | .2 | .8 | 1 | .1 | 150 | * | * | .1 | * |
| ALL FRUIT----- | 143 | 1.4 | .5 | 36.2 | 34 | 1.0 | 400 | .13 | .06 | .8 | 54 |
| CITRUS----- | 53 | .8 | .2 | 12.9 | 24 | .3 | 200 | .09 | .03 | .4 | 49 |
| OTHER VITAMIN C-RICH----- | 1 | * | * | .3 | * | * | * | * | * | * | 1 |
| OTHER----- | 89 | .6 | .3 | 22.9 | 10 | .7 | 200 | .04 | .04 | .4 | 5 |
| MIXTURES----- | * | * | * | * | * | * | * | * | * | * | * |

† SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP--CONTINUED

NORTH CENTRAL

URBAN

| FOOD GROUP * | AVERAGE PER DAY | | | | | | | | | | |
|--------------------------------------|-----------------|---------|------|-------------------|---------|------|-----------------------|---------|-----------------|--------|------------------|
| | FOOD ENERGY | PROTEIN | FAT | CARBO- HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO- FLAVIN | NIACIN | ASCORBIC ACID |
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) |
| | CAL | G | G | G | MG | MG | IU | MG | MG | MG | MG |
| GRAIN, ENRICHED OR WHOLE GRAIN----- | 472 | 14.0 | 4.4 | 93.1 | 111 | 4.7 | 10 | .50 | .33 | 4.2 | 1 |
| FLOUR----- | 96 | 2.7 | .4 | 19.9 | 16 | .8 | * | .09 | .07 | .8 | 0 |
| CEREAL, PASTES----- | 140 | 3.8 | .9 | 29.2 | 25 | 1.9 | 10 | .20 | .09 | 1.4 | 1 |
| BREAD----- | 208 | 6.8 | 2.4 | 39.1 | 64 | 1.9 | * | .19 | .16 | 1.9 | 0 |
| OTHER BAKERY PRODUCTS----- | 28 | .7 | .7 | 4.9 | 6 | .2 | * | .02 | .02 | .2 | * |
| GRAIN, NOT ENRICHED OR WHOLE GRAIN-- | 289 | 5.5 | 9.0 | 47.4 | 51 | .9 | 110 | .06 | .07 | .8 | * |
| FLOUR----- | 33 | .4 | .8 | 6.2 | 10 | .1 | * | * | .01 | * | 0 |
| CEREAL, PASTES----- | 15 | .4 | .1 | 3.2 | 1 | .1 | * | .01 | * | .1 | 0 |
| BREAD----- | 21 | .7 | .1 | 4.4 | 6 | .1 | * | .01 | .01 | .1 | 0 |
| OTHER BAKERY PRODUCTS----- | 190 | 3.0 | 6.9 | 29.4 | 27 | .5 | 50 | .03 | .04 | .4 | * |
| SOUP, MIXTURES----- | 30 | .9 | 1.1 | 4.2 | 7 | .1 | 50 | .01 | .01 | .2 | * |
| FATS, OILS----- | 346 | .3 | 38.6 | 1.2 | 6 | * | 840 | * | * | * | * |
| BUTTER----- | 71 | .1 | 8.1 | * | 2 | .0 | 330 | .00 | .00 | .0 | 0 |
| MARGARINE----- | 109 | .1 | 12.2 | .1 | 3 | .0 | 500 | .00 | .00 | .0 | 0 |
| OIL, SALAD DRESSING----- | 91 | .1 | 9.8 | .9 | 1 | * | 20 | * | * | * | * |
| LARD----- | 12 | * | 1.3 | * | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| VEGETABLE SHORTENING----- | 64 | * | 7.2 | .2 | 0 | .0 | * | .00 | .00 | .0 | 0 |
| SUGAR, SWEETS----- | 279 | .9 | 1.4 | 68.5 | 20 | .5 | 90 | .02 | .02 | .2 | 4 |
| SUGAR, SIRUP, JELLY, CANDY----- | 211 | .4 | 1.3 | 51.3 | 16 | .5 | 10 | .01 | .02 | .1 | * |
| OTHER SWEETS-- | | | | | | | | | | | |
| ADDED VITAMIN C----- | 8 | * | * | 2.1 | 3 | * | 80 | * | * | * | 3 |
| NO ADDED VITAMIN C----- | 60 | .4 | .1 | 15.1 | 1 | * | * | * | * | * | * |
| OTHER FOOD----- | 57 | .3 | .2 | 9.5 | 35 | 1.0 | 20 | .01 | .06 | 4.6 | 0 |
| ALCOHOLIC BEVERAGE----- | 26 | .1 | .0 | 1.7 | 2 | * | 0 | * | .01 | .3 | 0 |
| SOME NUTRITIVE VALUE----- | 31 | .2 | .2 | 7.8 | 32 | 1.0 | 20 | .01 | .05 | 4.3 | 0 |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP

NORTH CENTRAL

RURAL NONFARM

| FOOD GROUP * | AVERAGE PER DAY | | | | | | | | | | |
|-----------------------------|-----------------|---------|-------|-------------------|---------|------|-----------------------|---------|-----------------|--------|------------------|
| | FOOD ENERGY | PROTEIN | FAT | CARBO- HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO- FLAVIN | NIACIN | ASCORBIC ACID |
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) |
| | CAL | G | G | G | MG | MG | IU | MG | MG | MG | MG |
| ALL FOOD GROUPS----- | 3,266 | 106.9 | 153.5 | 370.8 | 1,158 | 19.5 | 7,080 | 1.58 | 2.44 | 25.5 | 103 |
| MILK, CREAM, CHEESE----- | 451 | 23.8 | 24.8 | 33.5 | 744 | .3 | 1,010 | .18 | 1.01 | .6 | 6 |
| MILK----- | 308 | 17.3 | 15.6 | 24.8 | 585 | * | 630 | .15 | .84 | .5 | 5 |
| CREAM, ICE CREAM----- | 73 | 1.6 | 4.3 | 7.2 | 52 | * | 180 | .01 | .08 | * | * |
| CHEESE----- | 62 | 4.7 | 4.5 | .7 | 101 | .2 | 180 | .01 | .09 | * | 0 |
| SOUP, MIXTURES----- | 8 | .2 | .4 | .8 | 6 | * | 20 | * | .01 | * | * |
| MEAT, POULTRY, FISH----- | 681 | 42.5 | 54.9 | 1.1 | 32 | 5.9 | 1,010 | .35 | .52 | 9.0 | 1 |
| BEEF----- | 275 | 19.4 | 21.3 | * | 11 | 2.9 | 30 | .05 | .16 | 3.7 | 0 |
| BACON, SALT PORK----- | 98 | 1.2 | 10.2 | .1 | 2 | .2 | 0 | .02 | .02 | .2 | 0 |
| OTHER PORK----- | 132 | 6.9 | 11.3 | * | 4 | 1.0 | 0 | .18 | .08 | 1.4 | 0 |
| LIVER----- | 4 | .6 | .1 | .1 | * | .3 | 740 | * | .08 | .3 | 1 |
| LUNCHEAT, FRANKFURTERS----- | 91 | 4.3 | 7.8 | .6 | 3 | .7 | 70 | .06 | .08 | 1.0 | 0 |
| OTHER MEAT----- | 8 | .9 | .4 | * | 1 | .1 | * | .01 | .02 | .3 | * |
| POULTRY----- | 54 | 6.6 | 2.8 | * | 4 | .6 | 160 | .02 | .08 | 1.6 | * |
| FISH, SHELLFISH----- | 20 | 2.5 | .9 | .2 | 7 | .1 | 10 | .01 | .01 | .6 | * |
| OTHER PROTEIN FOOD----- | 177 | 10.8 | 11.2 | 8.9 | 45 | 2.0 | 600 | .10 | .16 | 1.6 | * |
| EGGS----- | 73 | 5.7 | 5.1 | .4 | 24 | 1.0 | 530 | .04 | .13 | * | 0 |
| DRY LEGUMES----- | 33 | 1.9 | .4 | 5.6 | 13 | .6 | 20 | .03 | .01 | .2 | * |
| NUTS, PEANUT BUTTER----- | 57 | 2.2 | 5.0 | 1.7 | 6 | .2 | * | .02 | .01 | 1.2 | * |
| SOUP, MIXTURES----- | 12 | .7 | .6 | 1.1 | 2 | .1 | 50 | .01 | .01 | .1 | * |
| ALL VEGETABLES----- | 220 | 6.4 | 3.8 | 43.4 | 64 | 2.6 | 2,690 | .21 | .16 | 3.4 | 42 |
| POTATOES----- | 122 | 2.7 | 2.8 | 22.2 | 11 | .8 | * | .10 | .05 | 1.9 | 14 |
| DARK GREEN----- | 1 | .1 | * | .2 | 4 | .1 | 200 | * | .01 | * | 2 |
| DEEP YELLOW----- | 10 | .2 | * | 2.3 | 5 | .1 | 1,340 | .01 | .01 | .1 | 1 |
| TOMATOES----- | 20 | .7 | .2 | 4.4 | 6 | .4 | 530 | .03 | .02 | .5 | 10 |
| OTHER----- | 61 | 2.5 | .5 | 13.5 | 37 | 1.2 | 480 | .07 | .08 | .8 | 15 |
| SOUP, MIXTURES----- | 5 | .2 | .2 | .7 | 1 | * | 130 | * | * | .1 | * |
| ALL FRUIT----- | 140 | 1.4 | .5 | 35.4 | 31 | 1.1 | 670 | .11 | .07 | .8 | 47 |
| CITRUS----- | 38 | .6 | .1 | 9.3 | 15 | .2 | 140 | .06 | .02 | .3 | 36 |
| OTHER VITAMIN C-RICH----- | 5 | .1 | * | 1.3 | 2 | .1 | 190 | * | .01 | .1 | 5 |
| OTHER----- | 96 | .7 | .3 | 24.7 | 14 | .8 | 340 | .04 | .04 | .5 | 7 |
| MIXTURES----- | * | * | * | * | * | * | * | * | * | * | * |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP--CONTINUED

NORTH CENTRAL

RURAL NONFARM

| FOOD GROUP * | AVERAGE PER DAY | | | | | | | | | | |
|--------------------------------------|-----------------|---------|------|-------------------|---------|------|-----------------------|---------|-----------------|--------|------------------|
| | FOOD ENERGY | PROTEIN | FAT | CARBO- HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO- FLAVIN | NIACIN | ASCORBIC ACID |
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) |
| | CAL | G | G | G | MG | MG | IU | MG | MG | MG | MG |
| GRAIN, ENRICHED OR WHOLE GRAIN----- | 530 | 15.7 | 4.9 | 104.5 | 124 | 5.3 | 20 | .56 | .37 | 4.8 | 1 |
| FLOUR----- | 139 | 3.9 | .5 | 29.0 | 23 | 1.1 | * | .13 | .10 | 1.2 | 0 |
| CEREAL, PASTES----- | 138 | 3.9 | .9 | 28.8 | 25 | 1.9 | 10 | .20 | .08 | 1.4 | * |
| BREAD----- | 218 | 7.1 | 2.6 | 40.8 | 68 | 2.0 | * | .20 | .17 | 2.0 | 0 |
| OTHER BAKERY PRODUCTS----- | 35 | .9 | .9 | 5.8 | 8 | .2 | 10 | .02 | .02 | .2 | * |
| GRAIN, NOT ENRICHED OR WHOLE GRAIN-- | 268 | 4.9 | 8.5 | 43.9 | 47 | .8 | 90 | .05 | .06 | .6 | * |
| FLOUR----- | 40 | .5 | 1.1 | 7.3 | 11 | .1 | * | * | .01 | * | * |
| CEREAL, PASTES----- | 14 | .4 | .1 | 2.9 | 1 | .1 | * | .01 | * | .1 | 0 |
| BREAD----- | 15 | .5 | .1 | 3.1 | 5 | .1 | * | .01 | .01 | .1 | 0 |
| OTHER BAKERY PRODUCTS----- | 168 | 2.6 | 6.0 | 26.4 | 23 | .4 | 40 | .02 | .04 | .3 | * |
| SOUP, MIXTURES----- | 30 | .8 | 1.1 | 4.2 | 8 | .1 | 40 | .01 | .01 | .1 | * |
| FATS, OILS----- | 388 | .3 | 43.1 | 1.5 | 7 | * | 910 | * | * | * | * |
| BUTTER----- | 63 | .1 | 7.1 | * | 2 | .0 | 290 | .00 | .00 | .0 | 0 |
| MARGARINE----- | 132 | .1 | 14.8 | .1 | 4 | .0 | 600 | .00 | .00 | .0 | 0 |
| OIL, SALAD DRESSING----- | 83 | .1 | 8.8 | 1.1 | 2 | * | 20 | * | * | * | * |
| LARD----- | 39 | * | 4.3 | * | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| VEGETABLE SHORTENING----- | 73 | * | 8.1 | .3 | 0 | .0 | * | .00 | .00 | .0 | 0 |
| SUGAR, SWEETS----- | 365 | .8 | 1.7 | 90.3 | 28 | .7 | 70 | .01 | .02 | .2 | 6 |
| SUGAR, SIRUP, JELLY, CANDY----- | 302 | .5 | 1.6 | 74.0 | 21 | .6 | 10 | .01 | .02 | .1 | * |
| OTHER SWEETS-- | | | | | | | | | | | |
| ADDED VITAMIN C----- | 12 | * | * | 3.1 | 5 | * | 60 | * | * | * | 5 |
| NO ADDED VITAMIN C----- | 52 | .3 | .1 | 13.2 | 1 | * | * | * | * | * | * |
| OTHER FOOD----- | 46 | .3 | .2 | 8.2 | 36 | .9 | 10 | .01 | .06 | 4.5 | 0 |
| ALCOHOLIC BEVERAGE----- | 19 | .1 | .0 | 1.3 | 2 | * | 0 | * | .01 | .2 | 0 |
| SOME NUTRITIVE VALUE----- | 27 | .2 | .2 | 7.0 | 34 | .9 | 10 | .01 | .05 | 4.3 | 0 |

TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP

NORTH CENTRAL

RURAL NONFARM

| FOOD GROUP # (1) | AVERAGE PER DAY | | | | | | | | | | |
|------------------------------|-----------------|---------|-------|-------------------|---------|------|-----------------------|--------------|-----------------|--------|------------------|
| | FOOD ENERGY | PROTEIN | FAT | CARBO- HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIA- MIN | RIBO- FLAVIN | NIACIN | ASCORBIC ACID |
| | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) |
| | CAL | G | G | G | MG | MG | IU | MG | MG | MG | MG |
| ALL FOOD GROUPS----- | 3,329 | 109.3 | 158.1 | 373.9 | 1,162 | 19.9 | 6,970 | 1.61 | 2.47 | 26.0 | 103 |
| MILK, CREAM, CHEESE----- | 451 | 23.8 | 24.8 | 33.6 | 736 | .3 | 1,010 | .18 | 1.00 | .6 | 6 |
| MILK----- | 293 | 16.5 | 14.6 | 24.0 | 559 | * | 590 | .15 | .81 | .5 | 5 |
| CREAM, ICE CREAM----- | 80 | 1.8 | 4.7 | 8.0 | 58 | * | 190 | .02 | .08 | * | * |
| CHEESE----- | 70 | 5.3 | 5.1 | .8 | 112 | .2 | 210 | * | .10 | * | 0 |
| SOUP, MIXTURES----- | 8 | .2 | .4 | .8 | 6 | * | 20 | * | .01 | * | * |
| MEAT, POULTRY, FISH----- | 719 | 43.6 | 58.4 | 1.3 | 33 | 6.1 | 1,060 | .38 | .54 | 9.1 | * |
| BEEF----- | 286 | 19.8 | 22.3 | * | 11 | 3.0 | 30 | .05 | .16 | 3.8 | 0 |
| BACON, SALT PORK----- | 116 | 1.4 | 12.2 | .2 | 2 | .2 | 0 | .03 | .02 | .3 | 0 |
| OTHER PORK----- | 142 | 7.7 | 12.1 | * | 4 | 1.2 | 0 | .21 | .08 | 1.5 | 0 |
| LIVER----- | 4 | .6 | .1 | .1 | * | .3 | 800 | * | .09 | .4 | * |
| LUNCHMEAT, FRANKFURTERS----- | 95 | 4.5 | 8.2 | .6 | 3 | .7 | 70 | .06 | .08 | 1.0 | 0 |
| OTHER MEAT----- | 5 | .5 | .2 | * | * | * | * | * | .01 | .2 | * |
| POULTRY----- | 46 | 6.0 | 2.3 | * | 4 | .6 | 150 | .01 | .08 | 1.4 | * |
| FISH, SHELLFISH----- | 24 | 3.1 | 1.0 | .3 | 8 | .1 | * | * | .01 | .6 | * |
| OTHER PROTEIN FOOD----- | 190 | 11.7 | 11.9 | 9.6 | 50 | 2.1 | 630 | .10 | .17 | 1.8 | * |
| EGGS----- | 78 | 6.2 | 5.5 | .4 | 26 | 1.1 | 570 | .04 | .14 | * | 0 |
| DRY LEGUMES----- | 37 | 2.2 | .5 | 6.3 | 15 | .7 | 20 | .03 | .02 | .2 | * |
| NUTS, PEANUT BUTTER----- | 61 | 2.5 | 5.3 | 1.9 | 7 | .2 | * | .02 | .01 | 1.4 | * |
| SOUP, MIXTURES----- | 11 | .7 | .5 | .9 | 2 | .1 | 40 | * | * | * | * |
| ALL VEGETABLES----- | 214 | 6.0 | 3.9 | 41.6 | 63 | 2.6 | 2,660 | .20 | .15 | 3.2 | 40 |
| POTATOES----- | 122 | 2.6 | 3.0 | 21.8 | 11 | .8 | * | .09 | .04 | 1.9 | 13 |
| DARK GREEN----- | 2 | .1 | * | .3 | 5 | .1 | 320 | * | * | * | 2 |
| DEEP YELLOW----- | 8 | .2 | * | 1.8 | 4 | * | 1,240 | * | * | * | * |
| TOMATOES----- | 19 | .6 | .2 | 4.3 | 6 | .4 | 500 | .03 | .02 | .5 | 9 |
| OTHER----- | 58 | 2.3 | .5 | 12.8 | 36 | 1.2 | 490 | .07 | .07 | .7 | 14 |
| SOUP, MIXTURES----- | 4 | .2 | .2 | .6 | 1 | * | 100 | * | * | * | * |
| ALL FRUIT----- | 136 | 1.4 | .5 | 34.3 | 34 | 1.1 | 500 | .10 | .07 | .8 | 50 |
| CITRUS----- | 37 | .6 | .1 | 9.1 | 16 | .2 | 140 | .06 | .02 | .3 | 35 |
| OTHER VITAMIN C-RICH----- | 8 | .1 | * | 1.8 | 3 | .2 | 90 | * | .01 | .1 | 9 |
| OTHER----- | 91 | .6 | .3 | 23.3 | 15 | .7 | 270 | .04 | .04 | .4 | 6 |
| MIXTURES----- | * | * | * | * | * | * | * | * | * | * | * |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP--CONTINUED

NORTH CENTRAL

RURAL NONFARM

| FOOD GROUP * | AVERAGE PER DAY | | | | | | | | | | |
|--------------------------------------|-----------------|---------|------|---------------|---------|------|-----------------|----------|-------------|--------|---------------|
| | FOOD ENERGY | PROTEIN | FAT | CARBO-HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIA-MIN | RIBO-FLAVIN | NIACIN | ASCORBIC ACID |
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) |
| | CAL | G | G | G | MG | MG | IU | MG | MG | MG | MG |
| GRAIN, ENRICHED OR WHOLE GRAIN----- | 546 | 16.3 | 5.1 | 107.6 | 128 | 5.4 | 20 | .57 | .38 | 5.0 | * |
| FLOUR----- | 135 | 3.8 | .5 | 28.1 | 20 | 1.1 | * | .13 | .09 | 1.2 | 0 |
| CEREAL, PASTES----- | 138 | 3.8 | .9 | 29.0 | 26 | 1.9 | * | .20 | .08 | 1.5 | * |
| BREAD----- | 235 | 7.7 | 2.8 | 44.0 | 74 | 2.2 | * | .22 | .18 | 2.1 | 0 |
| OTHER BAKERY PRODUCTS----- | 39 | 1.0 | .9 | 6.6 | 9 | .2 | 10 | .03 | .03 | .2 | * |
| GRAIN, NOT ENRICHED OR WHOLE GRAIN-- | 275 | 5.0 | 8.3 | 46.0 | 48 | .8 | 80 | .05 | .06 | .6 | * |
| FLOUR----- | 44 | .5 | 1.0 | 8.2 | 13 | * | * | * | * | * | * |
| CEREAL, PASTES----- | 18 | .5 | .2 | 3.8 | * | * | * | .01 | * | * | 0 |
| BREAD----- | 14 | .4 | .1 | 2.8 | 4 | * | * | * | * | * | 0 |
| OTHER BAKERY PRODUCTS----- | 170 | 2.7 | 5.8 | 27.1 | 24 | .4 | 40 | .02 | .04 | .3 | * |
| SOUP, MIXTURES----- | 29 | .7 | 1.1 | 4.1 | 6 | .1 | 40 | * | .01 | .1 | * |
| FATS, OILS----- | 391 | .3 | 43.4 | 1.5 | 7 | * | 940 | * | * | * | * |
| BUTTER----- | 68 | * | 7.7 | * | 2 | .0 | 310 | .00 | .00 | .0 | 0 |
| MARGARINE----- | 133 | .1 | 15.0 | * | 4 | .0 | 610 | .00 | .00 | .0 | 0 |
| OIL, SALAD DRESSING----- | 86 | .1 | 9.2 | 1.1 | 2 | * | 20 | * | * | * | * |
| LARD----- | 32 | * | 3.5 | * | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| VEGETABLE SHORTENING----- | 71 | * | 7.9 | .2 | 0 | .0 | * | .00 | .00 | .0 | 0 |
| SUGAR, SWEETS----- | 362 | .9 | 1.6 | 89.6 | 26 | .6 | 60 | .01 | .02 | .2 | 6 |
| SUGAR, SIRUP, JELLY, CANDY----- | 296 | .5 | 1.6 | 72.7 | 20 | .6 | * | .01 | .02 | .1 | * |
| OTHER SWEETS-- | | | | | | | | | | | |
| ADDED VITAMIN C----- | 14 | * | * | 3.7 | 4 | * | 50 | * | * | * | 5 |
| NO ADDED VITAMIN C----- | 51 | .3 | * | 13.3 | 1 | * | * | * | * | * | * |
| OTHER FOOD----- | 47 | .3 | .2 | 8.8 | 38 | 1.0 | 10 | * | .06 | 4.8 | 0 |
| ALCOHOLIC BEVERAGE----- | 17 | * | .0 | 1.2 | 2 | * | 0 | * | * | .2 | 0 |
| SOME NUTRITIVE VALUE----- | 30 | .2 | .2 | 7.6 | 36 | 1.0 | 10 | * | .05 | 4.6 | 0 |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP

NORTH CENTRAL

RURAL NONFARM

| FOOD GROUP * | AVERAGE PER DAY | | | | | | | | | | |
|------------------------------|-----------------|---------|-------|---------------|---------|------|-----------------|---------|-------------|--------|---------------|
| | FOOD ENERGY | PROTEIN | FAT | CARBO-HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBU-FLAVIN | NIACIN | ASCORBIC ACID |
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) |
| | CAL | G | G | G | MG | MG | IU | MG | MG | MG | MG |
| ALL FOOD GROUPS----- | 3,476 | 112.6 | 164.3 | 394.7 | 1,177 | 20.4 | 7,610 | 1.64 | 2.53 | 27.1 | 114 |
| MILK, CREAM, CHEESE----- | 451 | 23.7 | 24.6 | 34.0 | 735 | .3 | 1,010 | .18 | .99 | .6 | 6 |
| MILK----- | 290 | 16.5 | 14.3 | 23.9 | 560 | .1 | 580 | .15 | .80 | .5 | 5 |
| CREAM, ICE CREAM----- | 84 | 1.8 | 5.0 | 8.3 | 59 | * | 210 | .02 | .09 | * | 1 |
| CHEESE----- | 68 | 5.2 | 4.9 | .9 | 109 | .2 | 200 | .01 | .10 | * | 0 |
| SOUP, MIXTURES----- | 8 | .3 | .3 | .9 | 7 | * | 20 | * | .01 | .1 | * |
| MEAT, POULTRY, FISH----- | 760 | 46.0 | 61.9 | 1.4 | 34 | 6.3 | 910 | .38 | .55 | 9.6 | * |
| BEEF----- | 289 | 20.7 | 22.2 | .0 | 12 | 3.1 | 30 | .05 | .17 | 3.9 | 0 |
| BACON, SALT PORK----- | 130 | 1.6 | 13.5 | .2 | 2 | .2 | 0 | .03 | .02 | .3 | 0 |
| OTHER PORK----- | 143 | 7.3 | 12.3 | * | 4 | 1.1 | 0 | .19 | .08 | 1.4 | 0 |
| LIVER----- | 4 | .5 | .1 | .1 | * | .2 | 610 | * | .07 | .3 | * |
| LUNCHMEAT, FRANKFURTERS----- | 109 | 5.2 | 9.4 | .7 | 3 | .8 | 90 | .07 | .10 | 1.1 | 0 |
| OTHER MEAT----- | 11 | 1.1 | .7 | * | 1 | .1 | * | * | .01 | .3 | * |
| POULTRY----- | 50 | 6.4 | 2.5 | .0 | 4 | .6 | 170 | .01 | .09 | 1.6 | * |
| FISH, SHELLFISH----- | 25 | 3.1 | 1.2 | .3 | 7 | .2 | 10 | .01 | .01 | .7 | * |
| OTHER PROTEIN FOOD----- | 202 | 12.2 | 12.6 | 10.6 | 52 | 2.3 | 680 | .11 | .19 | 1.7 | 1 |
| EGGS----- | 82 | 6.4 | 5.8 | .4 | 27 | 1.2 | 590 | .05 | .14 | * | 0 |
| DRY LEGUMES----- | 40 | 2.3 | .4 | 6.8 | 15 | .8 | 20 | .03 | .02 | .2 | * |
| NUTS, PEANUT BUTTER----- | 64 | 2.4 | 5.6 | 1.9 | 7 | .3 | * | .03 | .02 | 1.2 | * |
| SOUP, MIXTURES----- | 14 | .8 | .7 | 1.3 | 2 | .1 | 70 | .01 | .01 | .1 | * |
| ALL VEGETABLES----- | 232 | 7.2 | 3.9 | 46.2 | 74 | 2.8 | 2,610 | .25 | .20 | 3.6 | 52 |
| POTATOES----- | 115 | 2.5 | 2.6 | 20.9 | 10 | .7 | * | .09 | .04 | 1.8 | 13 |
| DARK GREEN----- | 2 | .1 | * | .3 | 4 | .1 | 190 | * | .01 | * | 3 |
| DEEP YELLOW----- | 8 | .1 | * | 1.8 | 4 | .1 | 1,050 | .01 | .01 | .1 | 1 |
| TOMATOES----- | 25 | .9 | .2 | 5.4 | 10 | .4 | 720 | .05 | .03 | .6 | 15 |
| OTHER----- | 78 | 3.2 | .7 | 17.1 | 45 | 1.4 | 550 | .10 | .11 | 1.0 | 20 |
| SOUP, MIXTURES----- | 6 | .2 | .2 | .7 | 1 | .1 | 100 | * | * | .1 | * |
| ALL FRUIT----- | 136 | 1.6 | .5 | 34.3 | 31 | 1.2 | 1,320 | .11 | .08 | 1.0 | 47 |
| CITRUS----- | 31 | .5 | .1 | 7.5 | 11 | .2 | 120 | .05 | .01 | .2 | 29 |
| OTHER VITAMIN C-RICH----- | 9 | .2 | * | 2.2 | 3 | .1 | 580 | .01 | .01 | .1 | 9 |
| OTHER----- | 96 | .9 | .4 | 24.6 | 17 | .9 | 620 | .05 | .06 | .7 | 10 |
| MIXTURES----- | * | * | * | * | * | * | * | * | * | * | * |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 5.—NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP--CONTINUED

NORTH CENTRAL

RURAL NONFARM

| FOOD GROUP † | AVERAGE PER DAY | | | | | | | | | | |
|--------------------------------------|-----------------|---------|------|-------------------|---------|------|-----------------------|---------|-----------------|--------|------------------|
| | FOOD ENERGY | PROTEIN | FAT | CARBU- HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO- FLAVIN | NIACIN | ASCORBIC ACID |
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) |
| | CAL | G | G | G | MG | MG | IU | MG | MG | MG | MG |
| GRAIN, ENRICHED OR WHOLE GRAIN----- | 526 | 15.5 | 5.2 | 103.6 | 122 | 4.9 | 20 | .54 | .37 | 4.8 | 1 |
| FLOUR----- | 130 | 3.6 | .6 | 26.9 | 24 | 1.0 | * | .12 | .09 | 1.1 | 0 |
| CEREAL, PASTES----- | 134 | 3.6 | .8 | 28.4 | 19 | 1.6 | 10 | .18 | .08 | 1.4 | * |
| BREAD----- | 223 | 7.3 | 2.6 | 41.7 | 70 | 2.1 | * | .21 | .17 | 2.0 | 0 |
| OTHER BAKERY PRODUCTS----- | 40 | 1.0 | 1.1 | 6.6 | 9 | .3 | 10 | .03 | .03 | .3 | * |
| GRAIN, NOT ENRICHED OR WHOLE GRAIN-- | 290 | 5.2 | 9.6 | 46.9 | 56 | .8 | 100 | .05 | .07 | .6 | * |
| FLOUR----- | 39 | .5 | 1.1 | 7.2 | 12 | .1 | * | * | .01 | * | 0 |
| CEREAL, PASTES----- | 8 | .2 | .1 | 1.5 | * | * | * | .01 | * | * | 0 |
| BREAD----- | 14 | .5 | .1 | 2.9 | 4 | .1 | * | .01 | * | .1 | 0 |
| OTHER BAKERY PRODUCTS----- | 194 | 3.1 | 7.0 | 30.3 | 29 | .5 | 50 | .02 | .04 | .3 | * |
| SOUP, MIXTURES----- | 36 | .9 | 1.4 | 4.9 | 11 | .1 | 50 | .01 | .02 | .1 | * |
| FATS, OILS----- | 401 | .3 | 44.5 | 1.6 | 7 | * | 870 | * | * | * | * |
| BUTTER----- | 61 | .1 | 6.9 | * | 2 | .0 | 280 | .00 | .00 | .0 | 0 |
| MARGARINE----- | 124 | .1 | 13.9 | .1 | 3 | .0 | 570 | .00 | .00 | .0 | 0 |
| OIL, SALAD DRESSING----- | 92 | .1 | 9.9 | 1.1 | 2 | * | 20 | * | * | * | * |
| LARD----- | 44 | * | 4.9 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| VEGETABLE SHORTENING----- | 81 | .1 | 8.9 | .4 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| SUGAR, SWEETS----- | 430 | .7 | 1.5 | 107.8 | 29 | .7 | 90 | .01 | .02 | .1 | 7 |
| SUGAR, SIRUP, JELLY, CANDY----- | 363 | .5 | 1.4 | 90.5 | 19 | .6 | 10 | .01 | .02 | .1 | * |
| OTHER SWEETS-- | | | | | | | | | | | |
| ADDED VITAMIN C----- | 14 | * | * | 3.7 | 8 | * | 80 | * | * | * | 6 |
| NO ADDED VITAMIN C----- | 52 | .2 | .1 | 13.6 | 1 | * | * | * | * | * | * |
| OTHER FOOD----- | 48 | .2 | .1 | 8.4 | 37 | 1.0 | 20 | .01 | .06 | 5.0 | 0 |
| ALCOHOLIC BEVERAGE----- | 21 | .1 | .0 | 1.5 | 2 | * | 0 | * | .01 | .2 | 0 |
| SOME NUTRITIVE VALUE----- | 26 | .1 | .1 | 6.9 | 35 | 1.0 | 20 | .01 | .05 | 4.7 | 0 |

† SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP

NORTH CENTRAL

RURAL NONFARM

| FOOD GROUP † | AVERAGE PER DAY | | | | | | | | | | |
|------------------------------|-----------------|---------|-------|-------------------|---------|------|-----------------------|---------|-----------------|--------|------------------|
| | FOOD ENERGY | PROTEIN | FAT | CARBO- HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO- FLAVIN | NIACIN | ASCORBIC ACID |
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) |
| | CAL | G | G | G | MG | MG | IU | MG | MG | MG | MG |
| ALL FOOD GROUPS----- | 3,078 | 102.2 | 144.1 | 348.6 | 1,135 | 18.6 | 6,870 | 1.50 | 2.37 | 24.4 | 93 |
| MILK, CREAM, CHEESE----- | 452 | 23.7 | 25.2 | 33.1 | 744 | .2 | 1,020 | .18 | 1.03 | .6 | 6 |
| MILK----- | 328 | 18.1 | 17.1 | 25.7 | 609 | * | 690 | .16 | .88 | .6 | 6 |
| CREAM, ICE CREAM----- | 68 | 1.5 | 4.2 | 6.3 | 49 | * | 180 | .01 | .07 | * | * |
| CHEESE----- | 53 | 4.0 | 3.8 | .6 | 83 | .1 | 150 | .01 | .07 | * | 0 |
| SOUP, MIXTURES----- | 4 | .1 | .2 | .5 | 3 | * | 10 | * | * | * | * |
| MEAT, POULTRY, FISH----- | 623 | 40.5 | 49.4 | .9 | 31 | 5.5 | 830 | .32 | .48 | 8.6 | * |
| BEEF----- | 256 | 18.4 | 19.6 | .0 | 11 | 2.7 | 30 | .05 | .15 | 3.5 | 0 |
| BACON, SALT PORK----- | 75 | 1.0 | 7.8 | .1 | 1 | .1 | 0 | .02 | .01 | .2 | 0 |
| OTHER PORK----- | 120 | 6.2 | 10.4 | * | 3 | .9 | 0 | .16 | .07 | 1.2 | 0 |
| LIVER----- | 3 | .5 | .1 | .1 | * | .2 | 550 | * | .06 | .3 | * |
| LUNCHMEAT, FRANKFURTERS----- | 82 | 4.0 | 7.0 | .6 | 2 | .6 | 70 | .05 | .08 | .9 | 0 |
| OTHER MEAT----- | 5 | .8 | .2 | .0 | * | .1 | 0 | * | .01 | .2 | 0 |
| POULTRY----- | 68 | 8.0 | 3.7 | .0 | 5 | .7 | 180 | .02 | .09 | 2.0 | * |
| FISH, SHELLFISH----- | 14 | 1.7 | .7 | .1 | 8 | .1 | 10 | * | .01 | .4 | * |
| OTHER PROTEIN FOOD----- | 152 | 9.5 | 9.3 | 8.0 | 40 | 1.8 | 530 | .08 | .15 | 1.2 | * |
| EGGS----- | 65 | 5.1 | 4.6 | .4 | 21 | .9 | 470 | .04 | .11 | * | 0 |
| DRY LEGUMES----- | 30 | 1.7 | .3 | 5.1 | 12 | .6 | 10 | .02 | .01 | .2 | * |
| NUTS, PEANUT BUTTER----- | 40 | 1.5 | 3.6 | 1.2 | 4 | .2 | * | .02 | .01 | .8 | * |
| SOUP, MIXTURES----- | 14 | .9 | .7 | 1.1 | 2 | .1 | 40 | .01 | .01 | .1 | * |
| ALL VEGETABLES----- | 208 | 6.1 | 3.2 | 41.7 | 60 | 2.5 | 3,040 | .20 | .15 | 3.2 | 39 |
| POTATOES----- | 116 | 2.6 | 2.4 | 21.7 | 10 | .8 | * | .09 | .05 | 1.9 | 14 |
| DARK GREEN----- | 1 | .1 | * | .2 | 3 | .1 | 180 | * | * | * | 1 |
| DEEP YELLOW----- | 15 | .3 | .1 | 3.6 | 7 | .2 | 1,810 | .01 | .01 | .1 | 2 |
| TOMATOES----- | 17 | .5 | .2 | 3.6 | 5 | .3 | 420 | .03 | .02 | .4 | 7 |
| OTHER----- | 55 | 2.3 | .4 | 12.1 | 34 | 1.1 | 490 | .06 | .07 | .7 | 14 |
| SOUP, MIXTURES----- | 5 | .2 | .1 | .6 | 1 | .1 | 130 | * | * | .1 | * |
| ALL FRUIT----- | 139 | 1.2 | .5 | 35.3 | 25 | .9 | 380 | .10 | .06 | .7 | 41 |
| CITRUS----- | 36 | .6 | .1 | 8.7 | 13 | .2 | 140 | .06 | .02 | .3 | 34 |
| OTHER VITAMIN C-RICH----- | 1 | * | * | .3 | * | * | 30 | * | * | * | 1 |
| OTHER----- | 101 | .6 | .3 | 26.1 | 12 | .7 | 210 | .04 | .04 | .4 | 5 |
| MIXTURES----- | * | * | * | * | * | * | * | * | * | * | * |

† SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP--CONTINUED

NORTH CENTRAL

RURAL NONFARM

| FOOD GROUP * | AVERAGE PER DAY | | | | | | | | | | |
|--------------------------------------|-----------------|---------|------|---------------|---------|------|-----------------|---------|-------------|--------|---------------|
| | FOOD ENERGY | PROTEIN | FAT | CARBO-HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO-FLAVIN | NIACIN | ASCORBIC ACID |
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) |
| | CAL | G | G | G | MG | MG | IU | MG | MG | MG | MG |
| GRAIN, ENRICHED OR WHOLE GRAIN----- | 516 | 15.4 | 4.5 | 102.4 | 117 | 5.2 | 10 | .54 | .36 | 4.7 | * |
| FLOUR----- | 150 | 4.3 | .5 | 31.4 | 21 | 1.2 | * | .15 | .10 | 1.3 | 0 |
| CEREAL, PASTES----- | 134 | 3.8 | .9 | 28.0 | 27 | 1.9 | 10 | .19 | .08 | 1.4 | * |
| BREAD----- | 205 | 6.7 | 2.4 | 38.5 | 64 | 1.9 | 0 | .19 | .16 | 1.8 | 0 |
| OTHER BAKERY PRODUCTS----- | 26 | .6 | .7 | 4.5 | 5 | .2 | * | .02 | .01 | .1 | * |
| GRAIN, NOT ENRICHED OR WHOLE GRAIN-- | 240 | 4.4 | 7.7 | 39.3 | 39 | .7 | 90 | .05 | .06 | .6 | * |
| FLOUR----- | 32 | .4 | 1.0 | 5.6 | 7 | .1 | * | * | .01 | * | 0 |
| CEREAL, PASTES----- | 13 | .4 | .1 | 2.7 | 1 | .1 | * | .01 | * | .1 | 0 |
| BREAD----- | 17 | .6 | .1 | 3.5 | 6 | .1 | 0 | .01 | .01 | .1 | 0 |
| OTHER BAKERY PRODUCTS----- | 144 | 2.3 | 5.1 | 22.7 | 20 | .4 | 30 | .02 | .03 | .3 | * |
| SOUP, MIXTURES----- | 33 | .7 | 1.3 | 4.7 | 6 | .1 | 50 | .01 | .01 | .1 | * |
| FATS, OILS----- | 378 | .3 | 41.9 | 1.6 | 7 | * | 880 | * | * | * | * |
| BUTTER----- | 70 | .1 | 7.9 | * | 2 | .0 | 320 | .00 | .00 | .0 | 0 |
| MARGARINE----- | 118 | .1 | 13.3 | .1 | 3 | .0 | 540 | .00 | .00 | .0 | 0 |
| OIL, SALAD DRESSING----- | 73 | .1 | 7.8 | 1.0 | 1 | * | 20 | * | * | * | * |
| LARD----- | 42 | * | 4.7 | * | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| VEGETABLE SHORTENING----- | 74 | * | 8.2 | .5 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| SUGAR, SWEETS----- | 320 | .9 | 2.2 | 77.3 | 31 | .7 | 80 | .01 | .03 | .2 | 5 |
| SUGAR, SIRUP, JELLY, CANDY----- | 270 | .7 | 2.1 | 64.6 | 25 | .7 | 10 | .01 | .03 | .2 | * |
| OTHER SWEETS-- | 8 | * | * | 2.0 | 5 | * | 60 | * | * | * | 5 |
| ADDED VITAMIN C----- | 43 | .3 | .1 | 10.8 | 1 | * | * | * | * | * | * |
| NO ADDED VITAMIN C----- | | | | | | | | | | | |
| OTHER FOOD----- | 51 | .3 | .2 | 8.9 | 39 | 1.0 | 10 | .01 | .06 | 4.7 | 0 |
| ALCOHOLIC BEVERAGE----- | 22 | .1 | .0 | 1.6 | 2 | * | 0 | * | .01 | .2 | 0 |
| SOME NUTRITIVE VALUE----- | 29 | .2 | .2 | 7.3 | 37 | 1.0 | 10 | .01 | .05 | 4.4 | 0 |

TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP

NORTH CENTRAL

RURAL NONFARM

| FOOD GROUP * | AVERAGE PER DAY | | | | | | | | | | |
|------------------------------|-----------------|---------|-------|-------------------|---------|------|-----------------------|---------|-----------------|--------|------------------|
| | FOOD ENERGY | PROTEIN | FAT | CARBO- HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO- FLAVIN | NIACIN | ASCORBIC ACID |
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) |
| | CAL | G | G | G | MG | MG | IU | MG | MG | MG | MG |
| ALL FOOD GROUPS----- | 3,155 | 103.0 | 146.4 | 363.0 | 1,154 | 18.8 | 6,810 | 1.55 | 2.39 | 24.3 | 102 |
| MILK, CREAM, CHEESE----- | 451 | 24.0 | 24.7 | 33.3 | 760 | .2 | 1,000 | .18 | 1.04 | .7 | 6 |
| MILK----- | 325 | 18.2 | 16.7 | 25.7 | 613 | * | 670 | .16 | .88 | .6 | 6 |
| CREAM, ICE CREAM----- | 58 | 1.3 | 3.4 | 5.9 | 43 | * | 140 | .01 | .06 | * | * |
| CHEESE----- | 57 | 4.3 | 4.2 | .6 | 96 | .1 | 170 | .01 | .08 | * | 0 |
| SOUP, MIXTURES----- | 10 | .2 | .5 | 1.1 | 7 | * | 20 | .01 | .01 | .1 | * |
| MEAT, POULTRY, FISH----- | 616 | 39.6 | 49.2 | .9 | 29 | 5.5 | 1,230 | .32 | .51 | 8.7 | 1 |
| BEEF----- | 269 | 18.6 | 21.0 | .0 | 11 | 2.8 | 30 | .05 | .15 | 3.6 | 0 |
| BACON, SALT PORK----- | 67 | .8 | 6.9 | .1 | 1 | .1 | 0 | .02 | .01 | .2 | 0 |
| OTHER PORK----- | 120 | 6.4 | 10.3 | * | 4 | 1.0 | 0 | .17 | .07 | 1.3 | 0 |
| LIVER----- | 5 | .8 | .1 | .2 | * | .4 | 990 | .01 | .11 | .4 | 1 |
| LUNCHMEAT, FRANKFURTERS----- | 78 | 3.7 | 6.7 | .5 | 2 | .6 | 60 | .05 | .07 | .8 | 0 |
| OTHER MEAT----- | 9 | 1.3 | .4 | * | 1 | .1 | 0 | .01 | .02 | .4 | 0 |
| POULTRY----- | 53 | 6.1 | 2.9 | .0 | 4 | .6 | 140 | .02 | .07 | 1.6 | 0 |
| FISH, SHELLFISH----- | 16 | 1.9 | .8 | .1 | 6 | .1 | 10 | * | .01 | .5 | 0 |
| OTHER PROTEIN FOOD----- | 161 | 9.6 | 10.7 | 7.3 | 40 | 1.7 | 540 | .08 | .15 | 1.6 | * |
| EGGS----- | 65 | 5.1 | 4.6 | .4 | 21 | .9 | 470 | .04 | .11 | * | 0 |
| DRY LEGUMES----- | 24 | 1.4 | .3 | 4.0 | 10 | .4 | 10 | .02 | .01 | .1 | * |
| NUTS, PEANUT BUTTER----- | 59 | 2.3 | 5.2 | 1.8 | 6 | .2 | * | .02 | .01 | 1.2 | * |
| SOUP, MIXTURES----- | 11 | .6 | .5 | 1.0 | 2 | .1 | 50 | .01 | .01 | .1 | * |
| ALL VEGETABLES----- | 223 | 6.3 | 4.0 | 43.7 | 57 | 2.5 | 2,480 | .20 | .14 | 3.4 | 38 |
| POTATOES----- | 134 | 2.9 | 3.1 | 24.3 | 12 | .9 | * | .10 | .05 | 2.1 | 15 |
| DARK GREEN----- | 1 | .1 | * | .2 | 2 | * | 120 | * | * | * | 2 |
| DEEP YELLOW----- | 9 | .2 | * | 2.0 | 5 | .1 | 1,330 | .01 | .01 | .1 | 1 |
| TOMATOES----- | 20 | .6 | .2 | 4.4 | 5 | .3 | 450 | .03 | .02 | .4 | 7 |
| OTHER----- | 54 | 2.2 | .4 | 11.9 | 32 | 1.1 | 400 | .06 | .06 | .7 | 13 |
| SOUP, MIXTURES----- | 6 | .3 | .2 | .9 | 2 | .1 | 190 | * | * | .1 | * |
| ALL FRUIT----- | 150 | 1.4 | .5 | 37.8 | 33 | 1.0 | 450 | .12 | .06 | .8 | 51 |
| CITRUS----- | 48 | .8 | .1 | 11.8 | 21 | .3 | 180 | .08 | .02 | .3 | 44 |
| OTHER VITAMIN C-RICH----- | 3 | * | * | .8 | 1 | * | 20 | * | * | * | 2 |
| OTHER----- | 98 | .7 | .4 | 25.0 | 12 | .7 | 250 | .04 | .04 | .4 | 5 |
| MIXTURES----- | * | * | * | .1 | * | * | * | * | * | * | * |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP--CONTINUED

NORTH CENTRAL

RURAL NONFARM

| FOOD GROUP * | AVERAGE PER DAY | | | | | | | | | | |
|--------------------------------------|-----------------|---------|------|---------------|---------|------|-----------------|---------|-------------|--------|---------------|
| | FOOD ENERGY | PROTEIN | FAT | CARBO-HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO-FLAVIN | NIACIN | ASCORBIC ACID |
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) |
| | CAL | G | G | G | MG | MG | IU | MG | MG | MG | MG |
| GRAIN, ENRICHED OR WHOLE GRAIN----- | 529 | 15.7 | 4.9 | 104.2 | 127 | 5.6 | 10 | .57 | .36 | 4.7 | * |
| FLOUR----- | 144 | 4.0 | .5 | 29.9 | 26 | 1.2 | * | .14 | .10 | 1.2 | 0 |
| CEREAL, PASTES----- | 146 | 4.2 | 1.1 | 30.0 | 30 | 2.3 | 10 | .21 | .08 | 1.4 | * |
| BREAD----- | 207 | 6.7 | 2.4 | 38.8 | 65 | 1.9 | 0 | .19 | .16 | 1.9 | 0 |
| OTHER BAKERY PRODUCTS----- | 32 | .8 | .8 | 5.5 | 7 | .2 | 10 | .02 | .02 | .2 | * |
| GRAIN, NOT ENRICHED OR WHOLE GRAIN-- | 262 | 4.9 | 8.2 | 43.0 | 44 | .8 | 70 | .06 | .06 | .6 | * |
| FLOUR----- | 43 | .5 | 1.1 | 8.1 | 11 | .1 | * | * | .01 | * | 0 |
| CEREAL, PASTES----- | 18 | .5 | .2 | 3.7 | 1 | .1 | * | .02 | * | .1 | 0 |
| BREAD----- | 16 | .5 | .1 | 3.2 | 5 | .1 | * | .01 | .01 | .1 | 0 |
| OTHER BAKERY PRODUCTS----- | 163 | 2.5 | 6.1 | 24.9 | 20 | .4 | 40 | .02 | .03 | .3 | * |
| SOUP, MIXTURES----- | 22 | .8 | .7 | 3.2 | 7 | .1 | 30 | .01 | .01 | .1 | * |
| FATS, OILS----- | 382 | .3 | 42.4 | 1.3 | 7 | * | 950 | * | * | * | * |
| BUTTER----- | 54 | * | 6.1 | * | 2 | .0 | 250 | .00 | .00 | .0 | 0 |
| MARGARINE----- | 150 | .1 | 16.9 | .1 | 4 | .0 | 690 | .00 | .00 | .0 | 0 |
| OIL, SALAD DRESSING----- | 78 | .1 | 8.3 | 1.1 | 1 | * | 20 | * | * | * | * |
| LARD----- | 36 | .0 | 4.0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| VEGETABLE SHORTENING----- | 64 | * | 7.2 | .1 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| SUGAR, SWEETS----- | 343 | .9 | 1.6 | 84.5 | 25 | .7 | 60 | .01 | .02 | .1 | 5 |
| SUGAR, SIRUP, JELLY, CANDY----- | 272 | .5 | 1.5 | 66.7 | 20 | .6 | 10 | .01 | .02 | .1 | * |
| OTHER SWEETS-- | | | | | | | | | | | |
| ADDED VITAMIN C----- | 11 | * | * | 2.8 | 3 | * | 50 | * | * | * | 5 |
| NO ADDED VITAMIN C----- | 59 | .4 | .1 | 15.0 | 1 | * | * | * | * | * | * |
| OTHER FOOD----- | 38 | .3 | .2 | 7.1 | 31 | .7 | * | * | .04 | 3.7 | 0 |
| ALCOHOLIC BEVERAGE----- | 15 | .1 | .0 | 1.0 | 1 | * | 0 | * | .01 | .2 | 0 |
| SOME NUTRITIVE VALUE----- | 23 | .2 | .2 | 6.1 | 30 | .7 | * | * | .03 | 3.5 | 0 |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 5.—NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP ALL SOURCES

NORTH CENTRAL

RURAL FARM

| FOOD GROUP # (1) | AVERAGE PER DAY | | | | | | | | | | |
|------------------------------|-----------------|---------|-------|-------------------|---------|------|-----------------------|---------|-----------------|--------|------------------|
| | FOOD ENERGY | PROTEIN | FAT | CARBO- HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO- FLAVIN | NIACIN | ASCORBIC ACID |
| | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) |
| | CAL | G | G | G | MG | MG | IU | MG | MG | MG | MG |
| ALL FOOD GROUPS----- | 3,712 | 117.7 | 173.3 | 430.3 | 1,225 | 21.7 | 7,810 | 1.76 | 2.68 | 27.0 | 104 |
| MILK, CREAM, CHEESE----- | 507 | 25.0 | 29.3 | 37.0 | 789 | .2 | 1,200 | .19 | 1.09 | .7 | 7 |
| MILK----- | 332 | 18.4 | 17.4 | 26.2 | 619 | * | 710 | .16 | .89 | .6 | 6 |
| CREAM, ICE CREAM----- | 111 | 2.2 | 7.3 | 9.6 | 71 | * | 300 | .02 | .10 | .1 | 1 |
| CHEESE----- | 58 | 4.3 | 4.2 | .6 | 94 | .1 | 170 | .01 | .08 | * | 0 |
| SOUP, MIXTURES----- | 6 | .2 | .3 | .6 | 5 | * | 20 | * | .01 | * | * |
| MEAT, POULTRY, FISH----- | 755 | 46.5 | 61.2 | 1.0 | 35 | 6.5 | 960 | .37 | .55 | 9.8 | 1 |
| BEEF----- | 331 | 23.1 | 25.8 | * | 13 | 3.4 | 40 | .06 | .19 | 4.4 | 0 |
| BALON, SALT PORK----- | 118 | 1.4 | 12.3 | .2 | 2 | .2 | 0 | .03 | .02 | .3 | 0 |
| OTHER PORK----- | 139 | 7.4 | 11.9 | * | 4 | 1.1 | 0 | .19 | .08 | 1.5 | 0 |
| LIVER----- | 4 | .6 | .1 | .1 | * | .3 | 650 | * | .08 | .3 | 1 |
| LUNCHMEAT, FRANKFURTERS----- | 76 | 3.6 | 6.5 | .5 | 2 | .6 | 70 | .05 | .07 | .8 | 0 |
| OTHER MEAT----- | 9 | 1.0 | .5 | * | 1 | .1 | * | .01 | .02 | .3 | * |
| POULTRY----- | 59 | 6.9 | 3.3 | * | 4 | .7 | 190 | .02 | .09 | 1.7 | * |
| FISH, SHELLFISH----- | 19 | 2.5 | .8 | .2 | 8 | .1 | 10 | .01 | .01 | .5 | * |
| OTHER PROTEIN FOOD----- | 183 | 11.9 | 11.6 | 8.3 | 50 | 2.2 | 710 | .10 | .19 | 1.3 | * |
| EGGS----- | 93 | 7.4 | 6.6 | .5 | 31 | 1.3 | 670 | .05 | .16 | .1 | 0 |
| DRY LEGUMES----- | 34 | 2.0 | .4 | 5.8 | 13 | .6 | 10 | .03 | .01 | .2 | * |
| NUTS, PEANUT BUTTER----- | 49 | 1.8 | 4.4 | 1.5 | 5 | .2 | * | .02 | .01 | 1.0 | * |
| SOUP, MIXTURES----- | 6 | .6 | .2 | .4 | 1 | * | 20 | * | * | * | * |
| ALL VEGETABLES----- | 247 | 7.4 | 3.2 | 51.1 | 71 | 3.0 | 3,010 | .25 | .19 | 3.9 | 50 |
| POTATOES----- | 134 | 3.1 | 2.3 | 25.9 | 12 | .9 | * | .11 | .05 | 2.3 | 17 |
| DARK GREEN----- | 1 | .1 | * | .3 | 4 | .1 | 230 | * | .01 | * | 2 |
| DEEP YELLOW----- | 11 | .2 | * | 2.6 | 6 | .1 | 1,530 | .01 | .01 | .1 | 2 |
| TOMATOES----- | 23 | .8 | .2 | 5.1 | 8 | .4 | 640 | .04 | .03 | .6 | 12 |
| OTHER----- | 75 | 2.9 | .5 | 16.8 | 41 | 1.4 | 530 | .08 | .09 | .9 | 17 |
| SOUP, MIXTURES----- | 3 | .1 | .1 | .4 | 1 | * | 90 | * | * | * | * |
| ALL FRUIT----- | 148 | 1.4 | .5 | 37.4 | 32 | 1.1 | 720 | .10 | .07 | .8 | 41 |
| CITRUS----- | 30 | .5 | .1 | 7.4 | 12 | .2 | 110 | .05 | .01 | .2 | 27 |
| OTHER VITAMIN C-RICH----- | 6 | .1 | * | 1.6 | 2 | .1 | 160 | * | .01 | .1 | 6 |
| OTHER----- | 111 | .8 | .4 | 28.4 | 18 | .9 | 450 | .05 | .05 | .6 | 8 |
| MIXTURES----- | * | * | * | * | * | * | * | * | * | * | * |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP ALL SOURCES--CONTINUED

NORTH CENTRAL

RURAL FARM

| FOOD GROUP * | AVERAGE PER DAY | | | | | | | | | | |
|--------------------------------------|-----------------|---------|------|-------------------|---------|------|-----------------------|---------|-----------------|--------|------------------|
| | FOOD ENERGY | PROTEIN | FAT | CARBO- HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO- FLAVIN | NIACIN | ASCORBIC ACID |
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) |
| | CAL | G | G | G | MG | MG | IU | MG | MG | MG | MG |
| GRAIN, ENRICHED OR WHOLE GRAIN----- | 659 | 19.5 | 5.4 | 131.4 | 125 | 6.1 | 10 | .68 | .45 | 5.9 | * |
| FLOUR----- | 253 | 7.2 | .8 | 52.8 | 25 | 2.0 | * | .24 | .17 | 2.2 | 0 |
| CEREAL, PASTES----- | 148 | 4.2 | 1.1 | 30.9 | 24 | 1.8 | 10 | .20 | .09 | 1.5 | * |
| BREAD----- | 222 | 7.2 | 2.6 | 41.6 | 70 | 2.0 | * | .21 | .17 | 2.0 | 0 |
| OTHER BAKERY PRODUCTS----- | 36 | .9 | .9 | 6.2 | 7 | .2 | 10 | .02 | .02 | .2 | * |
| GRAIN, NOT ENRICHED OR WHOLE GRAIN-- | 243 | 4.4 | 7.2 | 41.1 | 41 | .7 | 60 | .05 | .05 | .5 | * |
| FLOUR----- | 46 | .6 | 1.1 | 8.7 | 13 | .1 | * | * | .01 | * | * |
| CEREAL, PASTES----- | 19 | .5 | .2 | 4.0 | 1 | .1 | * | .01 | * | .1 | 0 |
| BREAD----- | 10 | .3 | .1 | 2.1 | 3 | .1 | * | .01 | * | .1 | 0 |
| OTHER BAKERY PRODUCTS----- | 151 | 2.5 | 5.2 | 23.9 | 20 | .4 | 30 | .02 | .03 | .3 | * |
| SOUP, MIXTURES----- | 18 | .5 | .6 | 2.5 | 4 | .1 | 30 | * | .01 | .1 | * |
| FATS, OILS----- | 471 | .3 | 52.4 | 1.2 | 8 | * | 1,090 | * | * | * | * |
| BUTTER----- | 117 | .1 | 13.3 | .1 | 3 | .0 | 540 | .00 | .00 | .0 | 0 |
| MARGARINE----- | 115 | .1 | 13.0 | .1 | 3 | .0 | 530 | .00 | .00 | .0 | 0 |
| OIL, SALAD DRESSING----- | 71 | .1 | 7.6 | .9 | 1 | * | 20 | * | * | * | * |
| LARD----- | 102 | * | 11.3 | * | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| VEGETABLE SHORTENING----- | 65 | * | 7.3 | .2 | 0 | .0 | * | .00 | .00 | .0 | 0 |
| SUGAR, SWEETS----- | 465 | 1.1 | 2.2 | 114.7 | 34 | 1.0 | 60 | .02 | .03 | .2 | 5 |
| SUGAR, SIRUP, JELLY, CANDY----- | 409 | .7 | 2.2 | 100.4 | 29 | .9 | 10 | .02 | .03 | .2 | * |
| OTHER SWEETS-- | | | | | | | | | | | |
| ADDED VITAMIN C----- | 12 | * | * | 3.1 | 4 | * | 50 | * | * | * | 5 |
| NO ADDED VITAMIN C----- | 44 | .3 | * | 11.2 | 1 | * | * | * | * | * | * |
| OTHER FOOD----- | 34 | .3 | .2 | 7.0 | 40 | .8 | 10 | .01 | .05 | 3.8 | 0 |
| ALCOHOLIC BEVERAGE----- | 8 | * | .0 | .5 | 1 | * | 0 | * | * | .1 | 0 |
| SOME NUTRITIVE VALUE----- | 26 | .3 | .2 | 6.5 | 39 | .8 | 10 | .01 | .05 | 3.7 | 0 |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP ALL SOURCES

NORTH CENTRAL

RURAL FARM

| FOOD GROUP ‡ (1) | AVERAGE PER DAY | | | | | | | | | | |
|------------------------------|-----------------|---------|-------|-------------------|---------|------|-----------------------|--------------|-----------------|--------|------------------|
| | FOOD ENERGY | PROTEIN | FAT | CARBO- HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIA- MIN | RIBO- FLAVIN | NIACIN | ASCORBIC ACID |
| | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) |
| | CAL | G | G | G | MG | MG | IU | MG | MG | MG | MG |
| ALL FOOD GROUPS----- | 3,679 | 117.6 | 173.3 | 420.9 | 1,192 | 21.9 | 7,240 | 1.75 | 2.61 | 26.7 | 96 |
| MILK, CREAM, CHEESE----- | 491 | 24.2 | 28.6 | 35.2 | 756 | .3 | 1,170 | .18 | 1.03 | .6 | 6 |
| MILK----- | 307 | 17.1 | 15.9 | 24.4 | 577 | * | 650 | .15 | .83 | .5 | 5 |
| CREAM, ICE CREAM----- | 114 | 2.2 | 7.7 | 9.6 | 73 | * | 320 | .02 | .10 | * | * |
| CHEESE----- | 63 | 4.7 | 4.6 | .7 | 102 | .2 | 190 | * | .09 | * | 0 |
| SOUP, MIXTURES----- | 6 | .1 | .3 | .6 | 4 | * | 10 | * | * | * | * |
| MEAT, POULTRY, FISH----- | 797 | 47.7 | 65.4 | 1.0 | 36 | 6.7 | 910 | .40 | .56 | 9.9 | * |
| BEEF----- | 346 | 24.2 | 26.9 | * | 14 | 3.6 | 40 | .06 | .20 | 4.6 | 0 |
| BACON, SALT PORK----- | 128 | 1.5 | 13.4 | .2 | 2 | .2 | 0 | .03 | .02 | .3 | 0 |
| OTHER PORK----- | 159 | 8.5 | 13.6 | * | 5 | 1.3 | 0 | .22 | .09 | 1.7 | 0 |
| LIVER----- | 4 | .5 | * | .1 | * | .3 | 620 | * | .07 | .3 | * |
| LUNCHMEAT, FRANKFURTERS----- | 86 | 4.0 | 7.4 | .5 | 2 | .6 | 80 | .06 | .08 | .9 | 0 |
| OTHER MEAT----- | 5 | .6 | .3 | * | * | * | * | * | .01 | .2 | * |
| POULTRY----- | 49 | 5.6 | 2.8 | * | 3 | .5 | 160 | .01 | .08 | 1.4 | * |
| FISH, SHELLFISH----- | 21 | 2.8 | .9 | .1 | 8 | .1 | * | * | .01 | .6 | * |
| OTHER PROTEIN FOOD----- | 194 | 12.5 | 12.0 | 9.2 | 55 | 2.4 | 750 | .11 | .20 | 1.3 | * |
| EGGS----- | 98 | 7.8 | 6.9 | .5 | 33 | 1.4 | 710 | .06 | .17 | * | 0 |
| DRY LEGUMES----- | 39 | 2.3 | .5 | 6.6 | 16 | .7 | 20 | .03 | .02 | .2 | * |
| NUTS, PEANUT BUTTER----- | 49 | 1.9 | 4.3 | 1.5 | 5 | .2 | * | .02 | .01 | 1.0 | * |
| SOUP, MIXTURES----- | 6 | .5 | .3 | .5 | * | * | 20 | * | * | * | * |
| ALL VEGETABLES----- | 226 | 6.5 | 3.2 | 45.9 | 64 | 2.7 | 2,710 | .22 | .16 | 3.5 | 41 |
| POTATOES----- | 131 | 3.0 | 2.4 | 25.1 | 12 | .9 | * | .11 | .05 | 2.2 | 16 |
| DARK GREEN----- | 2 | .2 | * | .3 | 6 | .1 | 360 | * | * | * | 2 |
| DEEP YELLOW----- | 8 | .2 | * | 2.0 | 5 | .1 | 1,300 | * | * | * | * |
| TOMATOES----- | 18 | .5 | .2 | 4.0 | 5 | .3 | 430 | .03 | .02 | .4 | 7 |
| OTHER----- | 63 | 2.5 | .4 | 14.2 | 37 | 1.3 | 540 | .07 | .07 | .8 | 14 |
| SOUP, MIXTURES----- | 3 | .1 | * | .4 | * | * | 80 | * | * | * | * |
| ALL FRUIT----- | 139 | 1.3 | .5 | 35.1 | 36 | 1.1 | 550 | .09 | .07 | .8 | 43 |
| CITRUS----- | 28 | .4 | * | 6.9 | 12 | .2 | 100 | .05 | .01 | .2 | 26 |
| OTHER VITAMIN C-RICH----- | 9 | .1 | * | 2.1 | 3 | .1 | 70 | * | .01 | * | 9 |
| OTHER----- | 102 | .8 | .3 | 26.1 | 20 | .8 | 370 | .04 | .05 | .5 | 8 |
| MIXTURES----- | * | * | * | * | * | * | * | * | * | * | * |

‡ SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP ALL SOURCES--CONTINUED

NORTH CENTRAL

RURAL FARM

| FOOD GROUP † | AVERAGE PER DAY | | | | | | | | | | |
|--------------------------------------|-----------------|---------|------|-------------------|---------|------|-----------------------|--------------|-----------------|--------|------------------|
| | FOOD* ENERGY | PROTEIN | FAT | CARBO- HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIA- MIN | RIBO- FLAVIN | NIACIN | ASCORBIC ACID |
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) |
| | CAL | G | G | G | MG | MG | IU | MG | MG | MG | MG |
| GRAIN, ENRICHED OR WHOLE GRAIN----- | 650 | 19.3 | 5.2 | 130.0 | 125 | 6.2 | 20 | .67 | .44 | 5.8 | * |
| FLOUR----- | 252 | 7.2 | .8 | 52.6 | 23 | 2.0 | * | .24 | .17 | 2.2 | 0 |
| CEREAL, PASTES----- | 145 | 4.1 | 1.0 | 30.5 | 26 | 1.9 | * | .20 | .08 | 1.5 | * |
| BREAD----- | 218 | 7.1 | 2.6 | 40.9 | 68 | 2.0 | 0 | .20 | .17 | 2.0 | 0 |
| OTHER BAKERY PRODUCTS----- | 35 | .9 | .9 | 6.0 | 8 | .2 | * | .02 | .02 | .2 | * |
| GRAIN, NOT ENRICHED OR WHOLE GRAIN-- | 253 | 4.4 | 7.5 | 42.6 | 44 | .7 | 60 | .05 | .06 | .5 | * |
| FLOUR----- | 50 | .6 | 1.2 | 9.4 | 14 | * | * | * | * | * | * |
| CEREAL, PASTES----- | 20 | .5 | .2 | 4.1 | 1 | * | * | .01 | * | * | 0 |
| BREAD----- | 10 | .3 | * | 2.1 | 3 | * | * | * | * | * | 0 |
| OTHER BAKERY PRODUCTS----- | 155 | 2.5 | 5.4 | 24.5 | 21 | .4 | 30 | .02 | .03 | .3 | * |
| SOUP, MIXTURES----- | 18 | .5 | .7 | 2.6 | 4 | * | 30 | * | * | * | * |
| FATS, OILS----- | 438 | .3 | 48.7 | 1.2 | 7 | * | 1,010 | * | * | * | * |
| BUTTER----- | 120 | * | 13.6 | * | 3 | .0 | 550 | .00 | .00 | .0 | 0 |
| MARGARINE----- | 97 | * | 10.9 | * | 3 | .0 | 440 | .00 | .00 | .0 | 0 |
| OIL, SALAD DRESSING----- | 70 | * | 7.4 | 1.0 | 1 | * | 20 | * | * | * | * |
| LARD----- | 95 | * | 10.6 | * | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| VEGETABLE SHORTENING----- | 56 | * | 6.3 | .1 | 0 | .0 | * | .00 | .00 | .0 | 0 |
| SUGAR, SWEETS----- | 457 | 1.1 | 2.0 | 113.3 | 31 | .9 | 60 | .02 | .03 | .2 | 6 |
| SUGAR, SIRUP, JELLY, CANDY----- | 395 | .6 | 1.9 | 97.5 | 26 | .9 | * | .01 | .02 | .2 | * |
| OTHER SWEETS-- | | | | | | | | | | | |
| ADDED VITAMIN C----- | 14 | * | * | 3.6 | 4 | * | 50 | * | * | * | 5 |
| NO ADDED VITAMIN C----- | 48 | .4 | * | 12.2 | 1 | * | * | * | * | * | * |
| OTHER FOOD----- | 35 | .3 | .3 | 7.4 | 39 | .9 | 10 | .01 | .06 | 3.9 | 0 |
| ALCOHOLIC BEVERAGE----- | 8 | * | .0 | .6 | * | * | 0 | * | * | * | 0 |
| SOME NUTRITIVE VALUE----- | 27 | .3 | .3 | 6.8 | 38 | .9 | 10 | .01 | .06 | 3.9 | 0 |

† SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 5.—NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP ALL SOURCES

NORTH CENTRAL

RURAL FARM

| FOOD GROUP † | AVERAGE PER DAY | | | | | | | | | | |
|------------------------------|-----------------|---------|-------|-------------------|---------|------|-----------------------|---------|-----------------|--------|------------------|
| | FOOD ENERGY | PROTEIN | FAT | CARBO- HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO- FLAVIN | NIACIN | ASCORBIC ACID |
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) |
| | CAL | G | G | G | MG | MG | IU | MG | MG | MG | MG |
| ALL FOOD GROUPS----- | 3,861 | 121.9 | 178.7 | 452.5 | 1,265 | 22.4 | 8,540 | 1.83 | 2.78 | 28.3 | 125 |
| MILK, CREAM, CHEESE----- | 526 | 25.5 | 30.3 | 38.9 | 804 | .2 | 1,240 | .20 | 1.11 | .7 | 7 |
| MILK----- | 335 | 18.5 | 17.6 | 26.4 | 621 | * | 710 | .17 | .90 | .6 | 6 |
| CREAM, ICE CREAM----- | 126 | 2.5 | 8.1 | 11.3 | 80 | .1 | 340 | .02 | .12 | .1 | 1 |
| CHEESE----- | 59 | 4.4 | 4.3 | .6 | 98 | .1 | 180 | .01 | .08 | * | 0 |
| SOUP, MIXTURES----- | 7 | .2 | .3 | .7 | 5 | * | 20 | .01 | .01 | * | * |
| MEAT, POULTRY, FISH----- | 763 | 48.3 | 61.2 | 1.2 | 37 | 6.8 | 860 | .39 | .58 | 10.1 | * |
| BEEF----- | 318 | 22.7 | 24.5 | * | 13 | 3.4 | 40 | .06 | .18 | 4.3 | 0 |
| BACON, SALT PORK----- | 121 | 1.5 | 12.7 | .2 | 2 | .2 | 0 | .03 | .02 | .3 | 0 |
| OTHER PORK----- | 143 | 8.1 | 12.0 | * | 5 | 1.2 | 0 | .21 | .09 | 1.6 | 0 |
| LIVER----- | 4 | .5 | .1 | .1 | * | .3 | 530 | * | .07 | .3 | * |
| LUNCHMEAT, FRANKFURTERS----- | 84 | 3.9 | 7.2 | .6 | 2 | .6 | 60 | .06 | .07 | .9 | 0 |
| OTHER MEAT----- | 14 | 1.2 | .9 | * | 1 | .1 | * | .01 | .02 | .3 | * |
| POULTRY----- | 62 | 8.0 | 3.1 | * | 5 | .8 | 230 | .02 | .12 | 1.9 | 0 |
| FISH, SHELLFISH----- | 18 | 2.4 | .8 | .3 | 8 | .1 | 10 | .01 | .01 | .5 | * |
| OTHER PROTEIN FOOD----- | 181 | 12.1 | 11.5 | 7.7 | 49 | 2.1 | 690 | .10 | .19 | 1.3 | * |
| EGGS----- | 92 | 7.3 | 6.5 | .5 | 30 | 1.3 | 660 | .05 | .16 | .1 | 0 |
| DRY LEGUMES----- | 31 | 1.8 | .4 | 5.2 | 12 | .6 | 20 | .03 | .01 | .2 | * |
| NUTS, PEANUT BUTTER----- | 52 | 2.0 | 4.5 | 1.6 | 6 | .2 | * | .02 | .01 | 1.0 | * |
| SOUP, MIXTURES----- | 7 | 1.0 | .2 | .3 | 1 | * | 10 | * | * | * | * |
| ALL VEGETABLES----- | 283 | 9.0 | 3.9 | 58.4 | 90 | 3.5 | 3,250 | .32 | .25 | 4.6 | 68 |
| POTATOES----- | 139 | 3.2 | 2.7 | 26.3 | 12 | .9 | * | .11 | .06 | 2.3 | 17 |
| DARK GREEN----- | 2 | .1 | * | .4 | 4 | .1 | 250 | * | .01 | * | 4 |
| DEEP YELLOW----- | 8 | .2 | * | 2.0 | 5 | .1 | 1,220 | .01 | .01 | .1 | 1 |
| TOMATOES----- | 33 | 1.3 | .3 | 7.2 | 14 | .6 | 1,020 | .07 | .04 | .9 | 22 |
| OTHER----- | 99 | 4.2 | .8 | 22.2 | 55 | 1.7 | 700 | .12 | .13 | 1.3 | 24 |
| SOUP, MIXTURES----- | 2 | .1 | .1 | .3 | * | * | 60 | * | * | * | * |
| ALL FRUIT----- | 139 | 1.5 | .6 | 34.9 | 31 | 1.3 | 1,250 | .10 | .08 | 1.0 | 41 |
| CITRUS----- | 25 | .4 | .1 | 6.1 | 9 | .2 | 90 | .04 | .01 | .2 | 23 |
| OTHER VITAMIN C-RICH----- | 7 | .1 | * | 1.8 | 3 | .1 | 460 | .01 | .01 | .1 | 7 |
| OTHER----- | 107 | 1.0 | .5 | 27.0 | 20 | 1.0 | 700 | .05 | .06 | .7 | 11 |
| MIXTURES----- | * | * | * | * | * | * | * | * | * | * | * |

† SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP ALL SOURCES--CONTINUED

NORTH CENTRAL

KURAL FARM

| FOOD GROUP * | AVERAGE PER DAY | | | | | | | | | | |
|--------------------------------------|-----------------|---------|------|-------------------|---------|------|-----------------------|---------|-----------------|--------|------------------|
| | FOOD ENERGY | PROTEIN | FAT | CARBO- HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO- FLAVIN | NIACIN | ASCORBIC ACID |
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) |
| | CAL | G | G | G | MG | MG | IU | MG | MG | MG | MG |
| GRAIN, ENRICHED OR WHOLE GRAIN----- | 650 | 19.0 | 5.4 | 129.7 | 121 | 5.9 | 20 | .66 | .44 | 5.8 | 1 |
| FLOUR----- | 236 | 6.7 | .8 | 49.1 | 21 | 1.9 | * | .23 | .16 | 2.0 | 0 |
| CEREAL, PASTES----- | 147 | 4.0 | .9 | 31.2 | 22 | 1.7 | 10 | .20 | .08 | 1.5 | 1 |
| BREAD----- | 227 | 7.4 | 2.7 | 42.6 | 71 | 2.1 | * | .21 | .17 | 2.0 | 0 |
| OTHER BAKERY PRODUCTS----- | 40 | .9 | 1.0 | 6.9 | 7 | .2 | * | .02 | .02 | .2 | * |
| GRAIN, NOT ENRICHED OR WHOLE GRAIN-- | 268 | 4.8 | 7.7 | 45.6 | 47 | .7 | 70 | .05 | .06 | .6 | * |
| FLOUR----- | 48 | .6 | 1.1 | 9.1 | 13 | .1 | * | * | .01 | .1 | 0 |
| CEREAL, PASTES----- | 18 | .5 | .2 | 3.8 | 1 | .1 | * | .01 | * | .1 | 0 |
| BREAD----- | 12 | .4 | .1 | 2.5 | 4 | .1 | * | .01 | * | .1 | 0 |
| OTHER BAKERY PRODUCTS----- | 170 | 2.8 | 5.7 | 27.3 | 24 | .4 | 40 | .02 | .03 | .3 | * |
| SOUP, MIXTURES----- | 20 | .5 | .7 | 2.8 | 6 | .1 | 30 | * | .01 | .1 | * |
| FATS, OILS----- | 502 | .3 | 55.9 | 1.3 | 8 | * | 1,090 | * | * | * | * |
| BUTTER----- | 113 | .1 | 12.7 | .1 | 3 | .0 | 520 | .00 | .00 | .0 | 0 |
| MARGARINE----- | 119 | .1 | 13.4 | .1 | 3 | .0 | 550 | .00 | .00 | .0 | 0 |
| OIL, SALAD DRESSING----- | 83 | .1 | 8.9 | 1.0 | 1 | * | 20 | * | * | * | * |
| LARD----- | 121 | * | 13.4 | * | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| VEGETABLE SHORTENING----- | 67 | * | 7.5 | .2 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| SUGAR, SWEETS----- | 510 | .9 | 1.9 | 127.6 | 35 | .9 | 80 | .02 | .03 | .2 | 7 |
| SUGAR, SIRUP, JELLY, CANDY----- | 444 | .6 | 1.8 | 110.3 | 27 | .9 | 10 | .01 | .03 | .2 | * |
| OTHER SWEETS-- | | | | | | | | | | | |
| ADDED VITAMIN C----- | 19 | * | * | 4.9 | 7 | * | 60 | * | * | * | 6 |
| NO ADDED VITAMIN C----- | 47 | .3 | * | 12.4 | 1 | * | * | * | * | * | * |
| OTHER FOOD----- | 38 | .3 | .2 | 7.2 | 42 | .8 | 10 | .01 | .05 | 4.0 | 0 |
| ALCOHOLIC BEVERAGE----- | 12 | * | .0 | .6 | 1 | * | 0 | * | * | .1 | 0 |
| SOME NUTRITIVE VALUE----- | 26 | .2 | .2 | 6.5 | 41 | .8 | 10 | .01 | .05 | 3.9 | 0 |

TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP ALL SOURCES

NORTH CENTRAL

RURAL FARM

| FOOD GROUP * | AVERAGE PER DAY | | | | | | | | | | | |
|------------------------------|-----------------|---------|-------|---------------|---------|------|-----------------|---------|-------------|--------|---------------|------|
| | FOOD ENERGY | PROTEIN | FAT | CARBO-HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO-FLAVIN | NIACIN | ASCORBIC ACID | |
| | (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) |
| | CAL | G | G | G | MG | MG | IU | MG | MG | MG | MG | |
| ALL FOOD GROUPS----- | 3,682 | 116.3 | 173.6 | 423.5 | 1,182 | 21.4 | 7,660 | 1.72 | 2.62 | 26.6 | 89 | |
| MILK, CREAM, CHEESE----- | 484 | 24.0 | 28.2 | 34.8 | 763 | .2 | 1,150 | .19 | 1.05 | .7 | 6 | |
| MILK----- | 332 | 18.2 | 17.7 | 25.6 | 612 | * | 720 | .16 | .88 | .6 | 6 | |
| CREAM, ICE CREAM----- | 95 | 1.9 | 6.3 | 8.1 | 61 | * | 260 | .02 | .09 | * | 1 | |
| CHEESE----- | 52 | 3.7 | 3.9 | .5 | 85 | .1 | 160 | .01 | .07 | * | 0 | |
| SOUP, MIXTURES----- | 6 | .2 | .3 | .6 | 5 | * | 20 | * | .01 | * | * | |
| MEAT, POULTRY, FISH----- | 761 | 47.0 | 61.7 | .8 | 35 | 6.4 | 1,000 | .34 | .55 | 10.1 | * | |
| BEEF----- | 343 | 23.4 | 26.9 | * | 14 | 3.5 | 40 | .06 | .19 | 4.5 | 0 | |
| BACON, SALT PORK----- | 118 | 1.4 | 12.4 | .2 | 2 | .2 | 0 | .03 | .02 | .3 | 0 | |
| OTHER PORK----- | 118 | 6.1 | 10.2 | * | 3 | .9 | 0 | .16 | .07 | 1.2 | 0 | |
| LIVER----- | 3 | .5 | .1 | .1 | * | .3 | 630 | * | .07 | .3 | * | |
| LUNCHMEAT, FRANKFURTERS----- | 69 | 3.3 | 5.9 | .4 | 2 | .5 | 90 | .05 | .07 | .8 | 0 | |
| OTHER MEAT----- | 9 | 1.2 | .4 | * | 1 | .1 | * | .01 | .02 | .4 | * | |
| POULTRY----- | 80 | 8.7 | 4.8 | * | 5 | .8 | 230 | .02 | .11 | 2.2 | 0 | |
| FISH, SHELLFISH----- | 19 | 2.5 | .9 | .1 | 8 | .1 | 10 | .01 | .01 | .6 | * | |
| OTHER PROTEIN FOOD----- | 185 | 11.8 | 11.8 | 8.4 | 50 | 2.2 | 720 | .11 | .20 | 1.2 | * | |
| EGGS----- | 95 | 7.5 | 6.7 | .5 | 31 | 1.3 | 690 | .05 | .17 | .1 | 0 | |
| DRY LEGUMES----- | 33 | 2.0 | .3 | 5.7 | 13 | .6 | 10 | .03 | .01 | .2 | * | |
| NUTS, PEANUT BUTTER----- | 50 | 1.8 | 4.5 | 1.5 | 5 | .2 | * | .02 | .01 | .9 | * | |
| SOUP, MIXTURES----- | 7 | .4 | .3 | .6 | 1 | .1 | 20 | * | * | .1 | * | |
| ALL VEGETABLES----- | 235 | 6.7 | 2.8 | 49.1 | 64 | 2.7 | 3,080 | .23 | .16 | 3.6 | 44 | |
| POTATOES----- | 131 | 3.1 | 2.0 | 25.8 | 12 | .9 | * | .11 | .05 | 2.3 | 17 | |
| DARK GREEN----- | 1 | .1 | * | .2 | 2 | * | 120 | * | * | * | 2 | |
| DEEP YELLOW----- | 17 | .3 | .1 | 4.0 | 8 | .2 | 1,990 | .01 | .01 | .1 | 2 | |
| TOMATOES----- | 19 | .6 | .2 | 4.1 | 6 | .3 | 490 | .03 | .02 | .5 | 9 | |
| OTHER----- | 64 | 2.4 | .4 | 14.5 | 36 | 1.2 | 380 | .06 | .06 | .7 | 14 | |
| SOUP, MIXTURES----- | 4 | .2 | .1 | .5 | 1 | * | 100 | * | * | * | * | |
| ALL FRUIT----- | 157 | 1.2 | .5 | 40.2 | 26 | 1.0 | 420 | .10 | .06 | .7 | 34 | |
| CITRUS----- | 29 | .4 | .1 | 7.0 | 10 | .2 | 100 | .04 | .01 | .2 | 25 | |
| OTHER VITAMIN C-RICH----- | 3 | * | * | .8 | * | * | 10 | * | * | * | 2 | |
| OTHER----- | 125 | .8 | .4 | 32.3 | 16 | .9 | 310 | .05 | .05 | .5 | 7 | |
| MIXTURES----- | * | * | * | * | * | * | * | * | * | * | * | |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP ALL SOURCES--CONTINUED

NORTH CENTRAL

RURAL FARM

| FOOD GROUP * | AVERAGE PER DAY | | | | | | | | | | | |
|--------------------------------------|-----------------|---------|------|---------------|---------|------|-----------------|---------|-------------|--------|---------------|------|
| | FOOD ENERGY | PROTEIN | FAT | CARBO-HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO-FLAVIN | NIACIN | ASCORBIC ACID | |
| | (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) |
| | CAL | G | G | G | MG | MG | IU | MG | MG | MG | MG | |
| GRAIN, ENRICHED OR WHOLE GRAIN----- | 671 | 19.8 | 5.6 | 133.4 | 128 | 6.2 | 10 | .69 | .47 | 6.0 | * | |
| FLOUR----- | 263 | 7.5 | .9 | 54.9 | 27 | 2.1 | * | .26 | .18 | 2.3 | 0 | |
| CEREAL, PASTES----- | 145 | 4.2 | 1.1 | 29.9 | 25 | 1.8 | 10 | .21 | .09 | 1.5 | * | |
| BREAD----- | 225 | 7.3 | 2.7 | 42.1 | 70 | 2.1 | 0 | .21 | .17 | 2.0 | 0 | |
| OTHER BAKERY PRODUCTS----- | 38 | .9 | 1.0 | 6.5 | 7 | .2 | 10 | .02 | .02 | .2 | * | |
| GRAIN, NOT ENRICHED OR WHOLE GRAIN-- | 216 | 3.9 | 6.4 | 36.2 | 34 | .7 | 50 | .04 | .05 | .5 | * | |
| FLOUR----- | 42 | .4 | 1.1 | 7.8 | 12 | .1 | * | * | .01 | * | 0 | |
| CEREAL, PASTES----- | 20 | .6 | .2 | 4.1 | 1 | .1 | * | .02 | * | .1 | 0 | |
| BREAD----- | 9 | .3 | .1 | 1.8 | 3 | * | * | .01 | * | * | 0 | |
| OTHER BAKERY PRODUCTS----- | 129 | 2.1 | 4.5 | 20.3 | 15 | .3 | 20 | .02 | .03 | .2 | * | |
| SOUP, MIXTURES----- | 16 | .5 | .6 | 2.2 | 3 | .1 | 20 | .01 | .01 | .1 | * | |
| FATS, OILS----- | 479 | .3 | 53.5 | 1.1 | 8 | * | 1,170 | * | * | * | * | |
| BUTTER----- | 126 | .1 | 14.2 | .1 | 4 | .0 | 580 | .00 | .00 | .0 | 0 | |
| MARGARINE----- | 126 | .1 | 14.2 | .1 | 4 | .0 | 580 | .00 | .00 | .0 | 0 | |
| OIL, SALAD DRESSING----- | 65 | .1 | 7.0 | .8 | 1 | * | 10 | * | * | * | * | |
| LARD----- | 95 | * | 10.6 | * | 0 | .0 | 0 | .00 | .00 | .0 | 0 | |
| VEGETABLE SHORTENING----- | 68 | * | 7.6 | .2 | 0 | .0 | * | .00 | .00 | .0 | 0 | |
| SUGAR, SWEETS----- | 464 | 1.2 | 2.9 | 112.8 | 38 | 1.1 | 60 | .02 | .04 | .3 | 3 | |
| SUGAR, SIRUP, JELLY, CANDY----- | 423 | .9 | 2.8 | 102.5 | 34 | 1.1 | 10 | .02 | .03 | .3 | * | |
| OTHER SWEETS-- | | | | | | | | | | | | |
| ADDED VITAMIN C----- | 5 | * | * | 1.4 | 3 | * | 40 | * | * | * | 3 | |
| NO ADDED VITAMIN C----- | 35 | .3 | * | 8.9 | 1 | * | * | * | * | * | * | |
| OTHER FOOD----- | 30 | .3 | .2 | 6.6 | 36 | .8 | * | .01 | .05 | 3.5 | 0 | |
| ALCOHOLIC BEVERAGE----- | 6 | * | .0 | .4 | 1 | * | 0 | * | * | .1 | 0 | |
| SOME NUTRITIVE VALUE----- | 25 | .3 | .2 | 6.2 | 35 | .8 | * | .01 | .04 | 3.4 | 0 | |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP ALL SOURCES

NORTH CENTRAL

RURAL FARM

| FOOD GROUP * | AVERAGE PER DAY | | | | | | | | | | | |
|------------------------------|-----------------|---------|-------|---------------|---------|------|-----------------|---------|-------------|--------|---------------|------|
| | FOOD ENERGY | PROTEIN | FAT | CARBO-HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO-FLAVIN | NIACIN | ASCORBIC ACID | |
| | (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) |
| | CAL | G | G | G | MG | MG | IU | MG | MG | MG | MG | |
| ALL FOOD GROUPS----- | 3,568 | 113.3 | 164.6 | 418.1 | 1,264 | 20.8 | 7,690 | 1.73 | 2.67 | 25.7 | 102 | |
| MILK, CREAM, CHEESE----- | 528 | 26.8 | 29.9 | 39.2 | 844 | .3 | 1,220 | .21 | 1.18 | .8 | 7 | |
| MILK----- | 363 | 20.4 | 18.8 | 28.9 | 685 | * | 760 | .18 | .99 | .6 | 6 | |
| CREAM, ICE CREAM----- | 102 | 2.0 | 6.7 | 8.9 | 66 | * | 270 | .02 | .10 | * | 1 | |
| CHEESE----- | 55 | 4.2 | 4.0 | .6 | 87 | .1 | 160 | .01 | .08 | * | 0 | |
| SOUP, MIXTURES----- | 8 | .2 | .4 | .8 | 6 | * | 20 | .01 | .01 | .1 | * | |
| MEAT, POULTRY, FISH----- | 677 | 41.6 | 54.9 | .9 | 30 | 5.9 | 1,150 | .32 | .51 | 8.8 | 1 | |
| BEEF----- | 317 | 22.0 | 24.7 | * | 13 | 3.3 | 40 | .06 | .18 | 4.2 | 0 | |
| BACON, SALT PORK----- | 96 | 1.1 | 10.1 | .1 | 1 | .2 | 0 | .02 | .01 | .2 | 0 | |
| OTHER PORK----- | 130 | 6.5 | 11.3 | * | 4 | 1.0 | 0 | .18 | .07 | 1.3 | 0 | |
| LIVER----- | 5 | .8 | .1 | .2 | * | .4 | 930 | .01 | .11 | .4 | 1 | |
| LUNCHMEAT, FRANKFURTERS----- | 58 | 2.7 | 5.0 | .4 | 2 | .4 | 30 | .04 | .05 | .6 | 0 | |
| OTHER MEAT----- | 7 | .9 | .3 | * | 1 | .1 | * | .01 | .02 | .3 | * | |
| POULTRY----- | 46 | 5.1 | 2.6 | * | 3 | .5 | 140 | .01 | .07 | 1.3 | * | |
| FISH, SHELLFISH----- | 18 | 2.5 | .7 | .2 | 6 | .1 | * | .01 | .01 | .5 | * | |
| OTHER PROTEIN FOOD----- | 170 | 10.8 | 10.6 | 8.1 | 47 | 2.0 | 650 | .09 | .18 | 1.2 | * | |
| EGGS----- | 85 | 6.7 | 6.0 | .5 | 28 | 1.2 | 610 | .05 | .15 | .1 | 0 | |
| DRY LEGUMES----- | 33 | 1.9 | .4 | 5.6 | 13 | .6 | 20 | .03 | .01 | .2 | * | |
| NUTS, PEANUT BUTTER----- | 45 | 1.7 | 4.0 | 1.3 | 5 | .2 | * | .01 | .01 | .9 | * | |
| SOUP, MIXTURES----- | 3 | .2 | .2 | .3 | 1 | * | 20 | * | * | * | * | |
| ALL VEGETABLES----- | 237 | 6.8 | 2.9 | 49.4 | 61 | 2.8 | 2,970 | .22 | .16 | 3.7 | 41 | |
| POTATOES----- | 134 | 3.2 | 2.1 | 26.4 | 12 | .9 | * | .11 | .06 | 2.3 | 17 | |
| DARK GREEN----- | 1 | .1 | * | .1 | 3 | .1 | 150 | * | * | * | 1 | |
| DEEP YELLOW----- | 12 | .3 | .1 | 2.8 | 7 | .2 | 1,750 | .01 | .01 | .1 | 2 | |
| TOMATOES----- | 21 | .7 | .2 | 4.6 | 5 | .4 | 530 | .03 | .02 | .5 | 9 | |
| OTHER----- | 66 | 2.4 | .4 | 15.0 | 33 | 1.2 | 430 | .06 | .06 | .7 | 12 | |
| SOUP, MIXTURES----- | 3 | .2 | .1 | .5 | 1 | * | 110 | * | * | * | * | |
| ALL FRUIT----- | 162 | 1.5 | .5 | 41.1 | 35 | 1.1 | 500 | .12 | .07 | .8 | 49 | |
| CITRUS----- | 42 | .7 | .1 | 10.4 | 20 | .3 | 160 | .07 | .02 | .3 | 39 | |
| OTHER VITAMIN C-RICH----- | 6 | * | * | 1.6 | 1 | * | * | * | * | * | 3 | |
| OTHER----- | 113 | .8 | .4 | 29.0 | 15 | .8 | 340 | .04 | .05 | .5 | 7 | |
| MIXTURES----- | * | * | * | .1 | * | * | * | * | * | * | * | |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP ALL SOURCES--CONTINUED

NORTH CENTRAL

RURAL FARM

| FOOD GROUP * | AVERAGE PER DAY | | | | | | | | | | |
|--------------------------------------|-----------------|---------|------|-------------------|---------|------|-----------------------|---------|-----------------|--------|------------------|
| | FOOD ENERGY | PROTEIN | FAT | CARBO- HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO- FLAVIN | NIACIN | ASCORBIC ACID |
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) |
| | CAL | G | G | G | MG | MG | IU | MG | MG | MG | MG |
| GRAIN, ENRICHED OR WHOLE GRAIN----- | 671 | 19.9 | 5.4 | 133.8 | 129 | 6.1 | 10 | .68 | .45 | 5.8 | * |
| FLOUR----- | 269 | 7.6 | .9 | 56.1 | 30 | 2.2 | * | .26 | .18 | 2.3 | 0 |
| CEREAL, PASTES----- | 156 | 4.5 | 1.3 | 32.0 | 25 | 1.8 | 10 | .20 | .08 | 1.4 | * |
| BREAD----- | 218 | 7.1 | 2.6 | 40.8 | 68 | 2.0 | * | .20 | .17 | 2.0 | 0 |
| OTHER BAKERY PRODUCTS----- | 28 | .7 | .7 | 4.9 | 6 | .2 | * | .02 | .02 | .2 | * |
| GRAIN, NOT ENRICHED OR WHOLE GRAIN-- | 227 | 4.1 | 6.7 | 38.3 | 35 | .7 | 60 | .04 | .05 | .5 | * |
| FLOUR----- | 43 | .5 | 1.0 | 8.1 | 11 | .1 | * | * | .01 | * | 0 |
| CEREAL, PASTES----- | 20 | .6 | .2 | 4.0 | 1 | .1 | * | .02 | .01 | .1 | 0 |
| BREAD----- | 8 | .3 | .1 | 1.6 | 2 | * | * | * | * | * | 0 |
| OTHER BAKERY PRODUCTS----- | 142 | 2.3 | 4.9 | 22.4 | 17 | .4 | 20 | .02 | .03 | .3 | 0 |
| SOUP, MIXTURES----- | 15 | .5 | .6 | 2.1 | 4 | .1 | 30 | * | .01 | .1 | * |
| FATS, OILS----- | 458 | .3 | 51.2 | 1.0 | 7 | * | 1,090 | * | * | * | * |
| BUTTER----- | 111 | .1 | 12.5 | .1 | 3 | .0 | 510 | .00 | .00 | .0 | 0 |
| MARGARINE----- | 123 | .1 | 13.8 | .1 | 3 | .0 | 560 | .00 | .00 | .0 | 0 |
| OIL, SALAD DRESSING----- | 64 | .1 | 6.9 | .7 | 1 | * | 10 | * | * | * | * |
| LARD----- | 89 | * | 9.9 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| VEGETABLE SHORTENING----- | 71 | * | 8.0 | .1 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| SUGAR, SWEETS----- | 407 | 1.1 | 2.3 | 99.6 | 33 | 1.0 | 60 | .02 | .03 | .2 | 4 |
| SUGAR, SIRUP, JELLY, CANDY----- | 358 | .7 | 2.2 | 87.1 | 28 | 1.0 | 10 | .02 | .03 | .2 | * |
| OTHER SWEETS-- | | | | | | | | | | | |
| ADDED VITAMIN C----- | 7 | * | * | 1.9 | 3 | * | 50 | * | * | * | 3 |
| NO ADDED VITAMIN C----- | 42 | .4 | * | 10.6 | 2 | * | * | * | * | * | * |
| OTHER FOOD----- | 30 | .3 | .2 | 6.8 | 44 | .8 | * | .01 | .05 | 3.8 | 0 |
| ALCOHOLIC BEVERAGE----- | 4 | * | .0 | .2 | * | .0 | 0 | * | * | * | 0 |
| SOME NUTRITIVE VALUE----- | 26 | .3 | .2 | 6.6 | 43 | .8 | * | .01 | .05 | 3.7 | 0 |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP HOME-PRODUCED

NORTH CENTRAL

RURAL FARM

| FOOD GROUP * | AVERAGE PER DAY | | | | | | | | | | |
|------------------------------|-----------------|---------|------|-------------------|---------|------|-----------------------|---------|-----------------|--------|------------------|
| | FOOD ENERGY | PROTEIN | FAT | CARBO- HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO- FLAVIN | NIACIN | ASCORBIC ACID |
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) |
| | CAL | G | G | G | MG | MG | IU | MG | MG | MG | MG |
| ALL FOOD GROUPS----- | 861 | 41.4 | 54.3 | 53.4 | 403 | 6.0 | 2,980 | .42 | .95 | 7.3 | 35 |
| MILK, CREAM, CHEESE----- | 194 | 9.7 | 11.5 | 13.5 | 324 | * | 470 | .09 | .47 | .3 | 3 |
| MILK----- | 175 | 9.5 | 9.6 | 13.3 | 318 | * | 390 | .08 | .46 | .3 | 3 |
| CREAM, ICE CREAM----- | 18 | .2 | 1.9 | .2 | 6 | * | 80 | * | .01 | * | * |
| CHEESE----- | 1 | .1 | * | * | * | * | * | * | * | * | 0 |
| SOUP, MIXTURES----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| MEAT, POULTRY, FISH----- | 370 | 23.9 | 29.7 | .2 | 15 | 3.4 | 540 | .17 | .28 | 5.0 | * |
| BEEF----- | 210 | 14.4 | 16.5 | * | 8 | 2.1 | 20 | .04 | .12 | 2.8 | 0 |
| BACON, SALT PORK----- | 41 | .4 | 4.4 | * | 1 | .1 | 0 | .01 | .01 | .1 | 0 |
| OTHER PORK----- | 71 | 3.7 | 6.1 | * | 2 | .5 | 0 | .10 | .04 | .7 | 0 |
| LIVER----- | 3 | .4 | .1 | .1 | * | .2 | 410 | * | .05 | .2 | * |
| LUNCHMEAT, FRANKFURTERS----- | 3 | .2 | .3 | * | * | * | 10 | * | * | * | 0 |
| OTHER MEAT----- | 7 | .8 | .4 | * | * | .1 | * | * | .01 | .2 | * |
| POULTRY----- | 31 | 3.4 | 1.9 | * | 2 | .3 | 100 | .01 | .05 | .9 | 0 |
| FISH, SHELLFISH----- | 3 | .6 | .1 | .0 | 1 | * | * | * | * | .1 | 0 |
| OTHER PROTEIN FOOD----- | 51 | 4.0 | 3.5 | .5 | 17 | .7 | 350 | .03 | .09 | * | * |
| EGGS----- | 48 | 3.8 | 3.4 | .3 | 16 | .7 | 350 | .03 | .08 | * | 0 |
| DRY LEGUMES----- | 1 | .1 | * | .2 | * | * | * | * | * | * | * |
| NUTS, PEANUT BUTTER----- | 1 | * | .1 | * | * | * | * | * | * | * | * |
| SOUP, MIXTURES----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| ALL VEGETABLES----- | 104 | 3.5 | .5 | 23.6 | 37 | 1.5 | 1,440 | .12 | .10 | 1.7 | 26 |
| POTATOES----- | 42 | 1.2 | .1 | 9.6 | 4 | .3 | 0 | .04 | .02 | .8 | 7 |
| DARK GREEN----- | 1 | .1 | * | .2 | 2 | .1 | 140 | * | * | * | 2 |
| DEEP YELLOW----- | 5 | .1 | * | 1.1 | 3 | .1 | 630 | * | * | * | 1 |
| TOMATOES----- | 9 | .4 | .1 | 1.9 | 4 | .2 | 360 | .02 | .01 | .3 | 8 |
| OTHER----- | 47 | 1.8 | .3 | 10.8 | 24 | .8 | 310 | .05 | .05 | .5 | 9 |
| SOUP, MIXTURES----- | * | * | * | * | * | * | * | * | * | * | * |
| ALL FRUIT----- | 34 | .2 | .1 | 8.6 | 8 | .3 | 100 | .01 | .02 | .1 | 5 |
| CITRUS----- | * | * | * | * | * | * | * | * | * | * | * |
| OTHER VITAMIN C-RICH----- | 4 | * | * | .9 | 1 | * | 30 | * | * | * | 3 |
| OTHER----- | 30 | .2 | .1 | 7.7 | 7 | .2 | 80 | .01 | .01 | .1 | 2 |
| MIXTURES----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP HOME-PRODUCED--CONTINUED

NORTH CENTRAL

RURAL FARM

| FOOD GROUP * | AVERAGE PER DAY | | | | | | | | | | |
|--------------------------------------|-----------------|---------|-----|---------------|---------|------|-----------------|---------|-------------|--------|---------------|
| | FOOD ENERGY* | PROTEIN | FAT | CARBO-HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO-FLAVIN | NIACIN | ASCORBIC ACID |
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) |
| | CAL | G | G | G | MG | MG | IU | MG | MG | MG | MG |
| GRAIN, ENRICHED OR WHOLE GRAIN----- | * | * | * | * | * | * | 0 | * | * | * | 0 |
| FLOUR----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| CEREAL, PASTES----- | * | * | * | * | * | * | 0 | * | * | * | 0 |
| BREAD----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| OTHER BAKERY PRODUCTS----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| GRAIN, NOT ENRICHED OR WHOLE GRAIN-- | 2 | * | * | .3 | * | * | * | * | * | * | * |
| FLOUR----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| CEREAL, PASTES----- | 1 | * | * | .3 | * | * | * | * | * | * | 0 |
| BREAD----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| OTHER BAKERY PRODUCTS----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| SOUP, MIXTURES----- | * | * | * | .1 | * | * | * | * | * | * | * |
| FATS, OILS----- | 80 | * | 8.9 | * | * | * | 70 | * | * | * | * |
| BUTTER----- | 15 | * | 1.7 | * | * | .0 | 70 | .00 | .00 | .0 | 0 |
| MARGARINE----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| OIL, SALAD DRESSING----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| LARD----- | 65 | * | 7.2 | * | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| VEGETABLE SHORTENING----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| SUGAR, SWEETS----- | 26 | * | * | 6.7 | 2 | .1 | * | * | * | * | * |
| SUGAR, SIRUP, JELLY, CANDY----- | 26 | * | * | 6.7 | 2 | .1 | * | * | * | * | * |
| OTHER SWEETS-- | | | | | | | | | | | |
| ADDED VITAMIN C----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| NO ADDED VITAMIN C----- | * | .0 | .0 | * | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| OTHER FOOD----- | * | * | .0 | * | * | * | 0 | * | * | * | 0 |
| ALCOHOLIC BEVERAGE----- | * | * | .0 | * | * | * | 0 | * | * | * | 0 |
| SOME NUTRITIVE VALUE----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP HOME-PRODUCED

NORTH CENTRAL

RURAL FARM

| FOOD GROUP ‡ | AVERAGE PER DAY | | | | | | | | | | |
|-----------------------------|-----------------|---------|------|---------------|---------|------|-----------------|----------|-------------|--------|---------------|
| | FOOD ENERGY | PROTEIN | FAT | CARBO-HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIA-MIN | RIBO-FLAVIN | NIACIN | ASCORBIC ACID |
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) |
| | CAL | G | G | G | MG | MG | IU | MG | MG | MG | MG |
| ALL FOOD GROUPS----- | 807 | 39.0 | 55.6 | 38.0 | 361 | 5.5 | 2,380 | .34 | .85 | 6.2 | 22 |
| MILK, CREAM, CHEESE----- | 180 | 8.9 | 11.0 | 12.2 | 292 | * | 450 | .08 | .42 | .3 | 3 |
| MILK----- | 156 | 8.5 | 8.5 | 11.9 | 284 | * | 350 | .08 | .41 | .3 | 3 |
| CREAM, ICE CREAM----- | 23 | .2 | 2.4 | .3 | 7 | * | 100 | * | * | * | * |
| CHEESE----- | 1 | .2 | * | * | 1 | * | * | * | * | * | 0 |
| SOUP, MIXTURES----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| MEAT, POULTRY, FISH----- | 386 | 23.8 | 31.4 | .2 | 15 | 3.4 | 480 | .17 | .26 | 4.9 | * |
| BEEF----- | 223 | 15.3 | 17.5 | .0 | 9 | 2.3 | 30 | .04 | .12 | 2.9 | 0 |
| BACON, SALT PORK----- | 46 | .5 | 4.9 | * | * | * | 0 | * | * | * | 0 |
| OTHER PORK----- | 76 | 3.8 | 6.7 | * | 2 | .6 | 0 | .10 | .04 | .8 | 0 |
| LIVER----- | 2 | .3 | * | * | * | .2 | 370 | * | .04 | .2 | * |
| LUNCHEAT, FRANKFURTERS----- | 5 | .2 | .4 | * | * | * | * | * | * | * | 0 |
| OTHER MEAT----- | 3 | .4 | .2 | * | * | * | * | * | * | .1 | * |
| POULTRY----- | 25 | 2.5 | 1.6 | * | 1 | .2 | 80 | * | .03 | .7 | 0 |
| FISH, SHELLFISH----- | 4 | .7 | * | .0 | * | * | * | * | * | * | 0 |
| OTHER PROTEIN FOOD----- | 56 | 4.4 | 3.9 | .5 | 18 | .8 | 390 | .03 | .09 | * | * |
| EGGS----- | 53 | 4.2 | 3.8 | .3 | 18 | .8 | 390 | .03 | .09 | * | 0 |
| DRY LEGUMES----- | 1 | * | * | .2 | * | * | * | * | * | * | * |
| NUTS, PEANUT BUTTER----- | 1 | * | .1 | * | * | * | * | * | * | * | * |
| SOUP, MIXTURES----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| ALL VEGETABLES----- | 51 | 1.8 | .3 | 11.4 | 23 | .9 | 890 | .06 | .05 | .8 | 12 |
| POTATOES----- | 15 | .4 | * | 3.3 | 1 | .1 | 0 | .01 | * | .3 | 2 |
| DARK GREEN----- | * | * | * | .2 | 4 | * | 240 | * | * | * | 1 |
| DEEP YELLOW----- | 2 | * | * | .4 | * | * | 230 | * | * | * | * |
| TOMATOES----- | 4 | .2 | * | .8 | 1 | .1 | 140 | * | * | .1 | 3 |
| OTHER----- | 30 | 1.1 | .2 | 6.8 | 16 | .6 | 280 | .03 | .03 | .4 | 5 |
| SOUP, MIXTURES----- | * | * | * | * | * | * | * | * | * | * | * |
| ALL FRUIT----- | 31 | .2 | .1 | 7.8 | 12 | .3 | 100 | .01 | .02 | .2 | 8 |
| CITRUS----- | * | * | * | * | * | * | * | * | * | * | * |
| OTHER VITAMIN C-RICH----- | 5 | * | * | 1.2 | 2 | * | * | * | * | * | 5 |
| OTHER----- | 26 | .2 | * | 6.6 | 10 | .2 | 90 | * | .01 | .1 | 2 |
| MIXTURES----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP HOME-PRODUCED--CONTINUED

NORTH CENTRAL

RURAL FARM

| FOOD GROUP † | AVERAGE PER DAY | | | | | | | | | | |
|--------------------------------------|-----------------|---------|-----|---------------|---------|------|-----------------|----------|-------------|--------|---------------|
| | FOOD ENERGY | PROTEIN | FAT | CARBO-HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIA-MIN | RIBO-FLAVIN | NIACIN | ASCORBIC ACID |
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) |
| | CAL | G | G | G | MG | MG | IU | MG | MG | MG | MG |
| GRAIN, ENRICHED OR WHOLE GRAIN----- | * | * | * | * | * | * | 0 | * | * | * | 0 |
| FLOUR----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| CEREAL, PASTES----- | * | * | * | * | * | * | 0 | * | * | * | 0 |
| BREAD----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| OTHER BAKERY PRODUCTS----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| GRAIN, NOT ENRICHED OR WHOLE GRAIN-- | 2 | * | * | .4 | * | * | * | * | * | * | 0 |
| FLOUR----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| CEREAL, PASTES----- | 2 | * | * | .4 | * | * | * | * | * | * | 0 |
| BREAD----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| OTHER BAKERY PRODUCTS----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| SOUP, MIXTURES----- | * | * | * | * | * | * | * | * | * | * | 0 |
| FATS, OILS----- | 79 | * | 8.8 | * | * | * | 80 | * | * | * | * |
| BUTTER----- | 17 | * | 2.0 | * | * | .0 | 80 | .00 | .00 | .0 | 0 |
| MARGARINE----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| OIL, SALAD DRESSING----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| LARD----- | 62 | * | 6.9 | * | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| VEGETABLE SHORTENING----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| SUGAR, SWEETS----- | 22 | * | * | 5.6 | 2 | .1 | * | * | * | * | * |
| SUGAR, SIRUP, JELLY, CANDY----- | 22 | * | * | 5.5 | 2 | .1 | * | * | * | * | * |
| OTHER SWEETS-- | | | | | | | | | | | |
| ADDED VITAMIN C----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| NO ADDED VITAMIN C----- | * | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| OTHER FOOD----- | * | * | .0 | * | * | * | 0 | .00 | * | * | 0 |
| ALCOHOLIC BEVERAGE----- | * | * | .0 | * | * | * | 0 | .00 | * | * | 0 |
| SOME NUTRITIVE VALUE----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |

† SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP HOME-PRODUCED

NORTH CENTRAL

RURAL FARM

| FOOD GROUP * | AVERAGE PER DAY | | | | | | | | | | |
|------------------------------|-----------------|---------|------|---------------|---------|------|-----------------|---------|-------------|--------|---------------|
| | FOOD ENERGY | PROTEIN | FAT | CARBO-HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO-FLAVIN | NIACIN | ASCORBIC ACID |
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) |
| | CAL | G | G | G | MG | MG | IU | MG | MG | MG | MG |
| ALL FOOD GROUPS----- | 943 | 44.8 | 56.0 | 68.7 | 423 | 7.1 | 3,690 | .52 | 1.05 | 8.5 | 59 |
| MILK, CREAM, CHEESE----- | 187 | 9.4 | 11.1 | 13.1 | 313 | * | 450 | .08 | .45 | .3 | 3 |
| MILK----- | 168 | 9.2 | 9.2 | 12.8 | 306 | * | 370 | .08 | .44 | .3 | 3 |
| CREAM, ICE CREAM----- | 19 | .2 | 1.9 | .3 | 6 | * | 80 | * | .01 | * | * |
| CHEESE----- | * | .1 | * | * | * | * | * | * | * | * | 0 |
| SOUP, MIXTURES----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| MEAT, POULTRY, FISH----- | 370 | 24.7 | 29.2 | .2 * | 15 | 3.6 | 520 | .18 | .30 | 5.2 | * |
| BEEF----- | 187 | 13.3 | 14.4 | * | 8 | 2.0 | 20 | .03 | .11 | 2.5 | 0 |
| BACON, SALT PORK----- | 46 | .5 | 4.9 | .1 | 1 | .1 | 0 | .01 | .01 | .1 | 0 |
| OTHER PORK----- | 81 | 4.4 | 6.8 | * | 3 | .7 | 0 | .11 | .05 | .9 | 0 |
| LIVER----- | 3 | .4 | .1 | .1 | * | .3 | 350 | * | .05 | .2 | * |
| LUNCHMEAT, FRANKFURTERS----- | 3 | .1 | .2 | * | * | * | 20 | * | .01 | * | 0 |
| OTHER MEAT----- | 12 | 1.0 | .8 | * | 1 | .1 | * | .01 | .01 | .3 | * |
| POULTRY----- | 35 | 4.2 | 1.9 | * | 3 | .4 | 130 | .01 | .06 | 1.0 | 0 |
| FISH, SHELLFISH----- | 3 | .6 | .1 | .0 | 1 | * | 0 | * | * | .1 | 0 |
| OTHER PROTEIN FOOD----- | 55 | 4.3 | 3.8 | .6 | 18 | .8 | 380 | .03 | .09 | * | 0 |
| EGGS----- | 53 | 4.2 | 3.7 | .3 | 18 | .7 | 380 | .03 | .09 | * | 0 |
| DRY LEGUMES----- | 2 | .1 | * | .3 | 1 | * | * | * | * | * | 0 |
| NUTS, PEANUT BUTTER----- | 1 | * | .1 | * | 0 | * | * | * | * | * | 0 |
| SOUP, MIXTURES----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| ALL VEGETABLES----- | 160 | 5.9 | .9 | 36.0 | 64 | 2.3 | 2,110 | .21 | .17 | 2.8 | 49 |
| POTATOES----- | 58 | 1.6 | .1 | 13.0 | 5 | .5 | 0 | .06 | .03 | 1.1 | 9 |
| DARK GREEN----- | 2 | .1 | * | .3 | 3 | .1 | 160 | * | .01 | * | 3 |
| DEEP YELLOW----- | 4 | .1 | * | 1.0 | 3 | .1 | 700 | * | * | * | 1 |
| TOMATOES----- | 18 | .9 | .2 | 3.9 | 10 | .4 | 700 | .05 | .03 | .6 | 17 |
| OTHER----- | 79 | 3.3 | .6 | 17.8 | 44 | 1.3 | 550 | .10 | .10 | 1.0 | 19 |
| SOUP, MIXTURES----- | * | * | * | * | * | * | * | * | * | * | * |
| ALL FRUIT----- | 41 | .4 | .2 | 10.3 | 9 | .3 | 160 | .02 | .02 | .2 | 6 |
| CITRUS----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| OTHER VITAMIN C-RICH----- | 3 | * | * | .7 | 1 | * | 70 | * | * | * | 2 |
| OTHER----- | 38 | .3 | .2 | 9.7 | 9 | .3 | 90 | .01 | .02 | .2 | 4 |
| MIXTURES----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP HOME-PRODUCED--CONTINUED

NORTH CENTRAL

RURAL FARM

| FOOD GROUP * | AVERAGE PER DAY | | | | | | | | | | |
|---------------------------------------|-----------------|---------|------|---------------|---------|------|-----------------|---------|-------------|--------|---------------|
| | FOOD ENERGY | PROTEIN | FAT | CARBO-HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO-FLAVIN | NIACIN | ASCORBIC ACID |
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) |
| | CAL | G | G | G | MG | MG | IU | MG | MG | MG | MG |
| GRAIN, ENRICHED OR WHOLE GRAIN----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| FLOUR----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| CEREAL, PASTES----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| BREAD----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| OTHER BAKERY PRODUCTS----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| GRAIN, NOT ENRICHED OR WHOLE GRAIN--- | 2 | .1 | * | .3 | * | * | 0 | * | * | * | 0 |
| FLOUR----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| CEREAL, PASTES----- | 2 | .1 | * | .3 | * | * | 0 | * | * | * | 0 |
| BREAD----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| OTHER BAKERY PRODUCTS----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| SOUP, MIXTURES----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| FATS, OILS----- | 96 | * | 10.7 | * | * | .0 | 70 | .00 | .00 | .0 | 0 |
| BUTTER----- | 14 | * | 1.6 | * | * | .0 | 70 | .00 | .00 | .0 | 0 |
| MARGARINE----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| OIL, SALAD DRESSING----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| LARD----- | 81 | * | 9.0 | * | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| VEGETABLE SHORTENING----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| SUGAR, SWEETS----- | 32 | * | * | 8.2 | 3 | .1 | * | * | * | * | * |
| SUGAR, SIRUP, JELLY, CANDY----- | 32 | * | * | 8.2 | 3 | .1 | * | * | * | * | * |
| OTHER SWEETS--- | | | | | | | | | | | |
| ADDED VITAMIN C----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| NO ADDED VITAMIN C----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| OTHER FOOD----- | * | * | .0 | * | * | .0 | 0 | * | * | * | 0 |
| ALCOHOLIC BEVERAGE----- | * | * | .0 | * | * | .0 | 0 | * | * | * | 0 |
| SOME NUTRITIVE VALUE----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP HOME-PRODUCED

NORTH CENTRAL

RURAL FARM

| FOOD GROUP * | AVERAGE PER DAY | | | | | | | | | | |
|-----------------------------|-----------------|---------|------|-------------------|---------|------|-----------------------|---------|-----------------|--------|------------------|
| | FOOD ENERGY | PROTEIN | FAT | CARBO- HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO- FLAVIN | NIACIN | ASCORBIC ACID |
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) |
| | CAL | G | G | G | MG | MG | IU | MG. | MG | MG | MG |
| ALL FOOD GROUPS----- | 832 | 40.0 | 51.0 | 54.9 | 393 | 5.6 | 3,020 | .37 | .92 | 7.1 | 29 |
| MILK, CREAM, CHEESE----- | 191 | 9.7 | 11.2 | 13.6 | 325 | .0 | 450 | .09 | .47 | .3 | 3 |
| MILK----- | 181 | 9.6 | 10.1 | 13.5 | 322 | .0 | 410 | .09 | .47 | .3 | 3 |
| CREAM, ICE CREAM----- | 10 | .1 | 1.0 | .1 | 3 | .0 | 40 | * | * | * | * |
| CHEESE----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| SOUP, MIXTURES----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| MEAT, POULTRY, FISH----- | 350 | 23.1 | 27.8 | .1 | 14 | 3.2 | 550 | .14 | .27 | 4.9 | * |
| BEEF----- | 213 | 14.2 | 16.9 | * | 8 | 2.1 | 30 | .04 | .11 | 2.7 | 0 |
| BACON, SALT PORK----- | 33 | .4 | 3.5 | * | 1 | .1 | 0 | .01 | * | .1 | 0 |
| OTHER PORK----- | 51 | 2.5 | 4.4 | .0 | 1 | .4 | 0 | .07 | .03 | .5 | 0 |
| LIVER----- | 2 | .4 | .1 | .1 | * | .2 | 410 | * | .05 | .2 | * |
| LUNCHEAT, FRANKFURTERS----- | 3 | .1 | .2 | * | * | * | 10 | * | * | * | 0 |
| OTHER MEAT----- | 6 | .8 | .3 | * | * | .1 | * | .01 | .01 | .3 | * |
| POULTRY----- | 39 | 4.1 | 2.4 | * | 2 | .4 | 120 | .01 | .05 | 1.0 | 0 |
| FISH, SHELLFISH----- | 3 | .5 | .1 | .0 | 1 | * | * | * | * | .1 | 0 |
| OTHER PROTEIN FOOD----- | 48 | 3.7 | 3.3 | .4 | 15 | .7 | 330 | .03 | .08 | * | 0 |
| EGGS----- | 45 | 3.6 | 3.2 | .2 | 15 | .6 | 330 | .03 | .08 | * | 0 |
| DRY LEGUMES----- | 1 | * | * | .1 | * | * | * | * | * | * | 0 |
| NUTS, PEANUT BUTTER----- | 2 | .1 | .2 | * | * | * | * | * | * | * | 0 |
| SOUP, MIXTURES----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| ALL VEGETABLES----- | 111 | 3.3 | .4 | 25.2 | 32 | 1.4 | 1,550 | .11 | .08 | 1.8 | 23 |
| POTATOES----- | 56 | 1.5 | .1 | 12.6 | 5 | .4 | 0 | .06 | .03 | 1.1 | 9 |
| DARK GREEN----- | * | * | * | .1 | 1 | * | 70 | * | * | * | 1 |
| DEEP YELLOW----- | 10 | .2 | * | 2.3 | 4 | .1 | 1,040 | .01 | .01 | .1 | 1 |
| TOMATOES----- | 7 | .3 | .1 | 1.4 | 3 | .2 | 260 | .02 | .01 | .2 | 5 |
| OTHER----- | 38 | 1.3 | .2 | 8.8 | 19 | .7 | 180 | .03 | .03 | .4 | 7 |
| SOUP, MIXTURES----- | * | * | * | * | * | * | * | * | * | * | * |
| ALL FRUIT----- | 32 | .1 | .1 | 8.3 | 5 | .2 | 60 | .01 | .01 | .1 | 3 |
| CITRUS----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| OTHER VITAMIN C-RICH----- | 2 | * | * | .5 | * | * | 10 | * | * | * | 1 |
| OTHER----- | 30 | .1 | .1 | 7.8 | 4 | .2 | 50 | .01 | .01 | .1 | 1 |
| MIXTURES----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP HOME-PRODUCED--CONTINUED

NORTH CENTRAL

RURAL FARM

| FOOD GROUP * | AVERAGE PER DAY | | | | | | | | | | |
|--------------------------------------|-----------------|---------|-----|-------------------|---------|------|-----------------------|---------|-----------------|--------|------------------|
| | FOOD ENERGY | PROTEIN | FAT | CARBO- HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO- FLAVIN | NIACIN | ASCORBIC ACID |
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) |
| | CAL | G | G | G | MG | MG | IU | MG | MG | MG | MG |
| GRAIN, ENRICHED OR WHOLE GRAIN----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| FLOUR----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| CEREAL, PASTES----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| BREAD----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| OTHER BAKERY PRODUCTS----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| GRAIN, NOT ENRICHED OR WHOLE GRAIN-- | 3 | * | .1 | .4 | * | * | * | * | * | * | * |
| FLOUR----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| CEREAL, PASTES----- | 1 | * | * | .2 | * | * | 0 | * | * | * | 0 |
| BREAD----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| OTHER BAKERY PRODUCTS----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| SOUP, MIXTURES----- | 2 | * | .1 | .3 | * | * | * | * | * | * | * |
| FATS, OILS----- | 73 | * | 8.1 | * | * | .0 | 80 | .00 | .00 | .0 | 0 |
| BUTTER----- | 17 | * | 1.9 | * | * | .0 | 80 | .00 | .00 | .0 | 0 |
| MARGARINE----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| OIL, SALAD DRESSING----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| LARD----- | 56 | * | 6.2 | * | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| VEGETABLE SHORTENING----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| SUGAR, SWEETS----- | 26 | * | * | 6.7 | 2 | .1 | * | * | * | * | * |
| SUGAR, SIRUP, JELLY, CANDY----- | 26 | * | * | 6.7 | 2 | .1 | * | * | * | * | * |
| OTHER SWEETS-- | | | | | | | | | | | |
| ADDED VITAMIN C----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| NO ADDED VITAMIN C----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| OTHER FOOD----- | * | * | .0 | * | * | * | 0 | .00 | * | * | 0 |
| ALCOHOLIC BEVERAGE----- | * | * | .0 | * | * | * | 0 | .00 | * | * | 0 |
| SOME NUTRITIVE VALUE----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |

TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP HOME-PRODUCED

NORTH CENTRAL

RURAL FARM

| FOOD GROUP * | AVERAGE PER DAY | | | | | | | | | | |
|------------------------------|-----------------|---------|------|-------------------|---------|------|-----------------------|---------|-----------------|--------|------------------|
| | FOOD ENERGY | PROTEIN | FAT | CARBO- HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO- FLAVIN | NIACIN | ASCORBIC ACID |
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) |
| | CAL | G | G | G | MG | MG | IU | MG | MG | MG | MG |
| ALL FOOD GROUPS----- | 846 | 41.2 | 53.9 | 50.3 | 441 | 5.6 | 2,660 | .39 | 1.00 | 7.0 | 24 |
| MILK, CREAM, CHEESE----- | 225 | 11.5 | 13.1 | 16.1 | 384 | * | 530 | .10 | .56 | .4 | 4 |
| MILK----- | 205 | 11.3 | 11.1 | 15.8 | 377 | * | 450 | .10 | .55 | .4 | 4 |
| CREAM, ICE CREAM----- | 20 | .2 | 2.1 | .3 | 6 | .0 | 90 | * | .01 | * | * |
| CHEESE----- | * | * | * | * | * | * | * | * | * | * | 0 |
| SOUP, MIXTURES----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| MEAT, POULTRY, FISH----- | 374 | 23.7 | 30.2 | .2 | 14 | 3.5 | 660 | .17 | .29 | 5.0 | 1 |
| BEEF----- | 222 | 14.8 | 17.6 | .0 | 9 | 2.2 | 30 | .04 | .12 | 2.8 | 0 |
| BACON, SALT PORK----- | 36 | .3 | 3.8 | * | * | * | 0 | .01 | * | .1 | 0 |
| OTHER PORK----- | 73 | 3.6 | 6.4 | .0 | 2 | .5 | 0 | .10 | .04 | .7 | 0 |
| LIVER----- | 4 | .5 | .1 | .1 | * | .3 | 540 | * | .07 | .3 | * |
| LUNCHMEAT, FRANKFURTERS----- | 4 | .2 | .3 | * | * | * | 20 | * | .01 | * | 0 |
| OTHER MEAT----- | 6 | .8 | .3 | * | 1 | .1 | * | .01 | .01 | .3 | * |
| POULTRY----- | 26 | 2.6 | 1.6 | * | 2 | .2 | 80 | .01 | .03 | .7 | 0 |
| FISH, SHELLFISH----- | 4 | .8 | .1 | .0 | 1 | * | * | * | * | .1 | 0 |
| OTHER PROTEIN FOOD----- | 41 | 3.2 | 2.8 | .5 | 13 | .6 | 280 | .02 | .07 | * | * |
| EGGS----- | 38 | 3.0 | 2.7 | .2 | 13 | .5 | 280 | .02 | .07 | * | 0 |
| DRY LEGUMES----- | 1 | .1 | * | .3 | * | * | 0 | * | * | * | 0 |
| NUTS, PEANUT BUTTER----- | 1 | * | .1 | * | * | * | * | * | * | * | * |
| SOUP, MIXTURES----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| ALL VEGETABLES----- | 87 | 2.6 | .3 | 19.9 | 23 | 1.2 | 1,060 | .09 | .06 | 1.4 | 16 |
| POTATOES----- | 42 | 1.2 | .1 | 9.5 | 4 | .3 | 0 | .04 | .02 | .8 | 7 |
| DARK GREEN----- | * | * | * | .1 | 1 | * | 80 | * | * | * | * |
| DEEP YELLOW----- | 5 | .1 | * | 1.1 | 2 | .1 | 590 | * | * | * | 1 |
| TOMATOES----- | 6 | .3 | * | 1.2 | 2 | .2 | 240 | .01 | .01 | .2 | 4 |
| OTHER----- | 34 | 1.0 | .2 | 7.9 | 13 | .6 | 140 | .02 | .03 | .3 | 4 |
| SOUP, MIXTURES----- | * | * | * | * | * | * | 10 | * | * | * | * |
| ALL FRUIT----- | 29 | .2 | .1 | 7.5 | 5 | .2 | 80 | .01 | .01 | .1 | 4 |
| CITRUS----- | * | * | * | * | * | * | * | * | * | * | * |
| OTHER VITAMIN C-RICH----- | 5 | * | * | 1.4 | 1 | * | * | * | * | * | 2 |
| OTHER----- | 24 | .1 | .1 | 6.2 | 4 | .1 | 80 | .01 | .01 | .1 | 1 |
| MIXTURES----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP HOME-PRODUCED--CONTINUED

NORTH CENTRAL

RURAL FARM

| FOOD GROUP # (1) | AVERAGE PER DAY | | | | | | | | | | |
|--------------------------------------|-----------------|---------|-----|-------------------|---------|------|-----------------------|---------|-----------------|--------|------------------|
| | FOOD ENERGY | PROTEIN | FAT | CARBO- HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO- FLAVIN | NIACIN | ASCORBIC ACID |
| | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) |
| | CAL | G | G | G | MG | MG | IU | MG | MG | MG | MG |
| GRAIN, ENRICHED OR WHOLE GRAIN----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| FLOUR----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| CEREAL, PASTES----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| BREAD----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| OTHER BAKERY PRODUCTS----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| GRAIN, NOT ENRICHED OR WHOLE GRAIN-- | 1 | * | * | .3 | * | * | 0 | * | * | * | 0 |
| FLOUR----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| CEREAL, PASTES----- | 1 | * | * | .3 | * | * | 0 | * | * | * | 0 |
| BREAD----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| OTHER BAKERY PRODUCTS----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| SOUP, MIXTURES----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| FATS, OILS----- | 65 | * | 7.3 | * | * | .0 | 50 | .00 | .00 | .0 | 0 |
| BUTTER----- | 10 | * | 1.1 | * | * | .0 | 50 | .00 | .00 | .0 | 0 |
| MARGARINE----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| OIL, SALAD DRESSING----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| LARD----- | 55 | .0 | 6.1 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| VEGETABLE SHORTENING----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| SUGAR, SWEETS----- | 22 | * | * | 5.8 | 2 | .1 | * | * | * | * | * |
| SUGAR, SIRUP, JELLY, CANDY----- | 22 | * | * | 5.8 | 2 | .1 | * | * | * | * | * |
| OTHER SWEETS-- | | | | | | | | | | | |
| ADDED VITAMIN C----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| NO ADDED VITAMIN C----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| OTHER FOOD----- | * | .0 | .0 | * | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| ALCOHOLIC BEVERAGE----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| SOME NUTRITIVE VALUE----- | 0 | .0 | .0 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP

NORTH CENTRAL

ALL URBANIZATIONS

| FOOD GROUP * | MONEY VALUE | FOOD ENERGY | PROTEIN | FAT | CARBO- HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO- FLAVIN | NIACIN | ASCORBIC ACID |
|--|----------------|----------------|---------|-------|-------------------|---------|------|-----------------------|---------|-----------------|--------|------------------|
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) | (13) |
| | | CAL | G | G | G | MG | MG | IU | MG | MG | MG | MG |
| ALL FOOD GROUPS, AVERAGE AMOUNT----- | | 3,175 | 105.4 | 151.9 | 351.3 | 1,116 | 19.0 | 7,080 | 1.54 | 2.39 | 25.0 | 100 |
| PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME | | | | | | | | | | | | |
| MILK, CREAM, CHEESE----- | 13.0 | 13.8 | 21.8 | 16.0 | 9.3 | 64.1 | 1.4 | 14.1 | 11.3 | 40.8 | 2.5 | 5.8 |
| MILK----- | 8.0 | 9.2 | 15.5 | 9.7 | 6.7 | 49.5 | .2 | 8.4 | 9.5 | 33.3 | 2.0 | 5.0 |
| CREAM, ICE CREAM----- | 2.3 | 2.4 | 1.6 | 3.0 | 2.1 | 4.8 | .2 | 2.7 | 1.0 | 3.3 | .2 | .5 |
| CHEESE----- | 2.3 | 2.0 | 4.5 | 3.0 | .2 | 9.0 | .8 | 2.7 | .5 | 3.7 | .1 | .0 |
| SOUP, MIXTURES----- | .4 | .3 | .2 | .3 | .3 | .7 | .2 | .4 | .4 | .5 | .2 | .4 |
| MEAT, POULTRY, FISH----- | 33.7 | 22.0 | 41.2 | 37.2 | .3 | 2.8 | 31.5 | 14.1 | 23.2 | 22.2 | 36.8 | .5 |
| BEEF----- | 14.8 | 9.0 | 18.7 | 14.7 | * | 1.0 | 15.5 | .5 | 3.4 | 6.7 | 15.0 | .0 |
| BACON, SALT PORK----- | 2.0 | 3.2 | 1.2 | 6.9 | * | .2 | .9 | .0 | 1.6 | .7 | .9 | .0 |
| OTHER PORK----- | 6.7 | 4.2 | 6.8 | 7.6 | * | .4 | 5.6 | .0 | 12.3 | 3.2 | 5.6 | .0 |
| LIVER----- | .3 | .1 | .5 | .1 | * | * | 1.2 | 9.6 | .3 | 3.1 | 1.1 | .5 |
| LUNCHMEAT, FRANKFURTERS----- | 3.6 | 2.8 | 3.9 | 5.0 | .2 | .2 | 3.5 | 1.5 | 3.8 | 3.5 | 3.8 | .0 |
| OTHER MEAT----- | 1.0 | .4 | 1.1 | .5 | * | .1 | .7 | * | .4 | .7 | 1.2 | * |
| POULTRY----- | 3.5 | 1.7 | 6.5 | 1.8 | * | .4 | 3.3 | 2.3 | 1.1 | 3.8 | 6.7 | * |
| FISH, SHELLFISH----- | 1.8 | .6 | 2.5 | .6 | .1 | .5 | .7 | .1 | .5 | .5 | 2.4 | * |
| OTHER PROTEIN FOOD----- | 5.1 | 5.2 | 9.7 | 6.8 | 2.3 | 3.9 | 9.8 | 8.2 | 5.9 | 6.7 | 5.6 | .4 |
| EGGS----- | 2.8 | 2.3 | 5.4 | 3.3 | .1 | 2.1 | 5.3 | 7.3 | 2.6 | 5.2 | .2 | .0 |
| DRY LEGUMES----- | .5 | .9 | 1.6 | .2 | 1.4 | 1.0 | 2.9 | .2 | 1.6 | .5 | .7 | .2 |
| NUTS, PEANUT BUTTER----- | .9 | 1.6 | 1.8 | 2.9 | .4 | .5 | 1.0 | * | 1.2 | .5 | 4.1 | * |
| SOUP, MIXTURES----- | .5 | .3 | .6 | .3 | .2 | .1 | .4 | .6 | .4 | .3 | .4 | .1 |
| ALL VEGETABLES----- | 12.0 | 6.5 | 5.8 | 2.4 | 11.5 | 5.8 | 13.4 | 39.8 | 13.3 | 6.6 | 12.6 | 41.5 |
| POTATOES----- | 2.6 | 3.5 | 2.2 | 1.8 | 5.6 | .9 | 3.7 | * | 5.5 | 1.7 | 6.9 | 12.2 |
| DARK GREEN----- | .4 | .1 | .2 | * | .1 | .6 | .6 | 4.9 | .3 | .4 | .2 | 3.1 |
| DEEP YELLOW----- | .5 | .3 | .2 | * | .6 | .4 | .6 | 18.6 | .5 | .3 | .3 | 1.2 |
| TOMATOES----- | 2.2 | .7 | .7 | .2 | 1.3 | .6 | 2.2 | 7.9 | 2.3 | 1.0 | 2.1 | 10.1 |
| OTHER----- | 5.8 | 1.8 | 2.3 | .3 | 3.6 | 3.2 | 6.0 | 6.5 | 4.5 | 3.1 | 2.9 | 14.4 |
| SOUP, MIXTURES----- | .4 | .2 | .2 | .1 | .2 | .1 | .2 | 1.8 | .1 | .1 | .2 | .3 |
| ALL FRUIT----- | 7.4 | 4.2 | 1.3 | .3 | 9.6 | 2.7 | 5.2 | 8.8 | 6.9 | 2.7 | 3.1 | 45.7 |
| CITRUS----- | 2.2 | 1.2 | .6 | .1 | 2.7 | 1.4 | 1.2 | 2.0 | 4.2 | .8 | 1.0 | 35.5 |
| OTHER VITAMIN C-RICH----- | .5 | .1 | .1 | * | .3 | .1 | .3 | 2.1 | .2 | .2 | .2 | 3.8 |
| OTHER----- | 4.7 | 2.8 | .6 | .2 | 6.6 | 1.1 | 3.7 | 4.7 | 2.6 | 1.7 | 1.8 | 6.5 |
| MIXTURES----- | * | * | * | * | * | * | * | * | * | * | * | * |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP--CONTINUED

NORTH CENTRAL

ALL ORGANIZATIONS

| FOOD GROUP * | MONEY VALUE | FOOD ENERGY | PROTEIN | FAT | CARBO- HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO- FLAVIN | NIACIN | ASCORBIC ACID |
|--|----------------|----------------|---------|------|-------------------|---------|------|-----------------------|---------|-----------------|--------|------------------|
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) | (13) |
| PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME | | | | | | | | | | | | |
| GRAIN, ENRICHED OR WHOLE GRAIN----- | 6.3 | 15.8 | 14.1 | 3.2 | 28.0 | 10.4 | 25.9 | .2 | 34.2 | 14.6 | 18.1 | .5 |
| FLOUR----- | .6 | 3.6 | 3.0 | .3 | 6.7 | 1.6 | 4.8 | * | 7.1 | 3.3 | 3.8 | .0 |
| CEREAL, PASTES----- | 2.2 | 4.2 | 3.5 | .6 | 8.0 | 2.2 | 9.5 | .1 | 12.5 | 3.6 | 5.6 | .4 |
| BREAD----- | 2.8 | 6.8 | 6.7 | 1.7 | 11.5 | 6.0 | 10.4 | * | 13.0 | 6.9 | 7.7 | .0 |
| OTHER BAKERY PRODUCTS----- | .7 | 1.2 | .9 | .7 | 1.9 | .7 | 1.2 | .1 | 1.6 | .9 | .9 | .1 |
| GRAIN, NOT ENRICHED OR WHOLE GRAIN-- | 5.9 | 8.8 | 4.9 | 5.8 | 13.1 | 4.4 | 4.5 | 1.4 | 3.7 | 2.8 | 2.7 | .4 |
| FLOUR----- | .4 | 1.1 | .4 | .6 | * 1.8 | .9 | .4 | * | .2 | .3 | .1 | * |
| CEREAL, PASTES----- | .2 | .4 | .3 | .1 | .8 | .1 | .4 | * | .6 | .1 | .2 | .0 |
| BREAD----- | .4 | .6 | .6 | .1 | 1.1 | .5 | .6 | * | .7 | .3 | .4 | .0 |
| OTHER BAKERY PRODUCTS----- | 3.8 | 5.9 | 2.8 | 4.4 | 8.3 | 2.3 | 2.6 | .7 | 1.7 | 1.7 | 1.4 | .1 |
| SOUP, MIXTURES----- | 1.2 | .9 | .7 | .7 | 1.1 | .6 | .6 | .7 | .5 | .5 | .5 | .3 |
| FATS, OILS----- | 3.6 | 11.6 | .3 | 27.0 | .4 | .6 | .2 | 12.4 | .1 | .1 | * | * |
| BUTTER----- | 1.3 | 2.3 | .1 | 5.5 | * | .2 | .0 | 4.8 | .0 | .0 | .0 | .0 |
| MARGARINE----- | .8 | 3.6 | .1 | 8.4 | * | .3 | .0 | 7.3 | .0 | .0 | .0 | .0 |
| OIL, SALAD DRESSING----- | .9 | 2.8 | .1 | 6.4 | .3 | .1 | .2 | .2 | .1 | .1 | * | * |
| LARD----- | .1 | 1.0 | * | 2.2 | * | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| VEGETABLE SHORTENING----- | .4 | 1.9 | * | 4.5 | .1 | .0 | .0 | * | .0 | .0 | .0 | .0 |
| SUGAR, SWEETS----- | 6.0 | 10.4 | .8 | 1.1 | 23.2 | 2.2 | 3.2 | .9 | .9 | .9 | .6 | 5.1 |
| SUGAR, SIRUP, JELLY, CANDY----- | 3.0 | 8.2 | .5 | 1.0 | 18.0 | 1.7 | 2.9 | .1 | .7 | .8 | .5 | .3 |
| OTHER SWEETS-- | | | | | | | | | | | | |
| ADDED VITAMIN C----- | .4 | .4 | * | * | .9 | .4 | .1 | .8 | .2 | * | .1 | 4.6 |
| NO ADDED VITAMIN C----- | 2.6 | 1.8 | .3 | * | 4.2 | .1 | .1 | * | * | .1 | * | .2 |
| OTHER FOOD----- | 7.1 | 1.6 | .3 | .1 | 2.4 | 3.2 | 4.9 | .2 | .5 | 2.4 | 17.9 | .0 |
| ALCOHOLIC BEVERAGE----- | 3.1 | .8 | .1 | .0 | .4 | .2 | * | .0 | * | .5 | .9 | .0 |
| SOME NUTRITIVE VALUE----- | 3.2 | .8 | .2 | .1 | 2.0 | 3.0 | 4.9 | .2 | .5 | 1.9 | 17.0 | .0 |
| NO NUTRITIVE VALUE----- | .8 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP

NORTH CENTRAL

ALL URBANIZATIONS

| FOOD GROUP * | MONEY VALUE | FOOD ENERGY | PROTEIN | FAT | CARBO- HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO- FLAVIN | NIACIN | ASCORBIC ACID |
|--|----------------|----------------|---------|-------|-------------------|---------|-------|-----------------------|---------|-----------------|--------|------------------|
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) | (13) |
| | | CAL | G | G | G | MG | MG | IU | MG | MG | MG | MG |
| ALL FOOD GROUPS, AVERAGE AMOUNT----- | 3,202 | 107.2 | 155.1 | 348.2 | 1,102 | 19.4 | 7,070 | 1.57 | 2.39 | 25.4 | 99 | |
| PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME | | | | | | | | | | | | |
| MILK, CREAM, CHEESE----- | 12.6 | 13.5 | 20.9 | 15.4 | 9.2 | 62.9 | 1.4 | 13.9 | 10.8 | 39.4 | 2.4 | 5.6 |
| MILK----- | 7.5 | 8.7 | 14.5 | 9.1 | 6.5 | 47.7 | .2 | 8.0 | 8.9 | 31.6 | 1.9 | 4.8 |
| CREAM, ICE CREAM----- | 2.4 | 2.5 | 1.6 | 3.0 | 2.2 | 5.1 | .2 | 2.8 | 1.0 | 3.4 | .2 | .5 |
| CHEESE----- | 2.3 | 2.1 | 4.5 | 3.1 | .2 | 9.5 | .8 | 2.8 | .5 | 3.8 | .1 | .0 |
| SOUP, MIXTURES----- | .4 | .3 | .2 | .3 | .3 | .7 | .2 | .3 | .4 | .5 | .2 | .4 |
| MEAT, POULTRY, FISH----- | 33.2 | 23.2 | 42.4 | 38.8 | .3 | 3.0 | 32.4 | 15.0 | 25.2 | 23.4 | 37.8 | .6 |
| BEEF----- | 14.4 | 9.2 | 18.8 | 15.0 | * | 1.1 | 15.5 | .5 | 3.4 | 6.8 | 15.2 | .0 |
| BACON, SALT PORK----- | 1.8 | 3.5 | 1.3 | 7.5 | * | .2 | 1.0 | .0 | 1.7 | .7 | 1.0 | .0 |
| OTHER PORK----- | 6.9 | 4.7 | 7.7 | 8.3 | * | .4 | 6.4 | .0 | 14.0 | 3.7 | 6.4 | .0 |
| LIVER----- | .3 | .1 | .5 | * | * | * | 1.4 | 10.6 | .3 | 3.4 | 1.3 | .5 |
| LUNCHMEAT, FRANKFURTERS----- | 3.6 | 3.0 | 4.1 | 5.3 | .2 | .2 | 3.7 | 1.5 | 4.0 | 3.7 | 4.0 | .0 |
| OTHER MEAT----- | .8 | .3 | .9 | .4 | * | * | .6 | * | .3 | .7 | 1.1 | * |
| POULTRY----- | 3.4 | 1.6 | 6.2 | 1.6 | * | .4 | 3.2 | 2.3 | 1.0 | 3.8 | 6.4 | * |
| FISH, SHELLFISH----- | 2.0 | .7 | 2.7 | .7 | * | .7 | .7 | .2 | .5 | .5 | 2.6 | * |
| OTHER PROTEIN FOOD----- | 5.0 | 5.4 | 10.1 | 6.9 | 2.4 | 4.2 | 10.2 | 8.6 | 6.0 | 7.0 | 5.8 | .4 |
| EGGS----- | 2.7 | 2.4 | 5.6 | 3.4 | .1 | 2.3 | 5.5 | 7.8 | 2.7 | 5.5 | .2 | .0 |
| DRY LEGUMES----- | .5 | 1.0 | 1.8 | .3 | 1.6 | 1.2 | 3.2 | .2 | 1.8 | .6 | .7 | .2 |
| NUTS, PEANUT BUTTER----- | .9 | 1.6 | 1.8 | 2.8 | .4 | .5 | .9 | * | 1.0 | .5 | 4.3 | * |
| SOUP, MIXTURES----- | .6 | .3 | .6 | .3 | .2 | .2 | .5 | .6 | .4 | .3 | .4 | .1 |
| ALL VEGETABLES----- | 12.3 | 6.2 | 5.4 | 2.4 | 11.1 | 5.8 | 12.8 | 40.3 | 12.3 | 6.3 | 11.9 | 38.6 |
| POTATOES----- | 3.0 | 3.4 | 2.2 | 1.8 | 5.6 | .9 | 3.6 | * | 5.3 | 1.7 | 6.7 | 12.1 |
| DARK GREEN----- | .4 | * | .2 | * | .1 | .8 | .8 | 6.7 | .4 | .5 | .2 | 3.3 |
| DEEP YELLOW----- | .5 | .3 | .2 | * | .5 | .4 | .5 | 18.6 | .4 | .3 | .3 | 1.0 |
| TOMATOES----- | 1.9 | .6 | .6 | .1 | 1.2 | .5 | 1.9 | 6.9 | 1.9 | .8 | 1.8 | 8.4 |
| OTHER----- | 6.1 | 1.7 | 2.1 | .3 | 3.5 | 3.1 | 5.7 | 6.5 | 4.1 | 2.9 | 2.7 | 13.6 |
| SOUP, MIXTURES----- | .4 | .1 | .2 | * | .2 | .1 | .2 | 1.6 | .1 | .1 | .2 | .3 |
| ALL FRUIT----- | 7.5 | 4.0 | 1.2 | .3 | 9.3 | 2.9 | 5.1 | 7.1 | 6.5 | 2.7 | 2.9 | 48.1 |
| CITRUS----- | 2.3 | 1.2 | .6 | * | 2.7 | 1.4 | 1.2 | 1.9 | 4.1 | .8 | 1.0 | 35.5 |
| OTHER VITAMIN C-RICH----- | .8 | .2 | * | * | .4 | .2 | .5 | 1.2 | .2 | .3 | .3 | 6.5 |
| OTHER----- | 4.4 | 2.6 | .6 | .2 | 6.2 | 1.2 | 3.4 | 4.0 | 2.3 | 1.6 | 1.6 | 6.2 |
| MIXTURES----- | * | * | * | * | * | * | * | * | * | * | * | * |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP--CONTINUED

NORTH CENTRAL

ALL URBANIZATIONS

| FOOD GROUP * | MONEY VALUE | FOOD ENERGY | PROTEIN | FAT | CARBO- HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO- FLAVIN | NIACIN | ASCORBIC ACID |
|--|----------------|----------------|---------|------|-------------------|---------|------|-----------------------|---------|-----------------|--------|------------------|
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) | (13) |
| PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME | | | | | | | | | | | | |
| GRAIN, ENRICHED OR WHOLE GRAIN----- | 6.3 | 15.6 | 13.9 | 3.1 | 28.2 | 10.8 | 25.6 | .2 | 33.9 | 14.8 | 18.1 | .5 |
| FLOUR----- | .6 | 3.3 | 2.8 | .3 | 6.4 | 1.5 | 4.4 | * | 6.6 | 3.1 | 3.6 | .0 |
| CEREAL, PASTES----- | 2.2 | 4.2 | 3.4 | .5 | 8.1 | 2.3 | 9.6 | * | 12.5 | 3.6 | 5.8 | .4 |
| BREAD----- | 2.8 | 6.8 | 6.7 | 1.7 | 11.8 | 6.2 | 10.3 | * | 13.0 | 7.0 | 7.7 | .0 |
| OTHER BAKERY PRODUCTS----- | .8 | 1.3 | 1.0 | .6 | 2.0 | .8 | 1.3 | .1 | 1.8 | 1.1 | 1.0 | .1 |
| GRAIN, NOT ENRICHED OR WHOLE GRAIN-- | 5.9 | 8.8 | 4.7 | 5.7 | 13.4 | 4.4 | 4.3 | 1.3 | 3.5 | 2.8 | 2.5 | .5 |
| FLOUR----- | .4 | 1.1 | .4 | .6 | 1.8 | .9 | .3 | * | .2 | .3 | .1 | * |
| CEREAL, PASTES----- | .2 | .5 | .4 | * | .9 | * | .4 | * | .6 | .1 | .3 | .0 |
| BREAD----- | .3 | .5 | .6 | * | 1.1 | .5 | .6 | * | .7 | .3 | .3 | .0 |
| OTHER BAKERY PRODUCTS----- | 3.8 | 5.9 | 2.8 | 4.3 | 8.5 | 2.4 | 2.5 | .7 | 1.6 | 1.7 | 1.3 | .1 |
| SOUP, MIXTURES----- | 1.2 | .9 | .7 | .7 | 1.1 | .5 | .6 | .6 | .4 | .4 | .5 | .4 |
| FATS, OILS----- | 3.6 | 11.4 | .3 | 26.2 | .4 | .6 | .2 | 12.3 | * | .1 | * | * |
| BUTTER----- | 1.3 | 2.3 | * | 5.5 | * | .2 | .0 | 4.9 | .0 | .0 | .0 | .0 |
| MARGARINE----- | .8 | 3.5 | * | 8.0 | * | .3 | .0 | 7.2 | .0 | .0 | .0 | .0 |
| OIL, SALAD DRESSING----- | .9 | 2.8 | * | 6.3 | .3 | .1 | .2 | .3 | * | .1 | * | * |
| LARD----- | .1 | .9 | * | 2.1 | * | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| VEGETABLE SHORTENING----- | .4 | 1.9 | * | 4.3 | * | .0 | .0 | * | .0 | .0 | .0 | .0 |
| SUGAR, SWEETS----- | 6.2 | 10.2 | .8 | 1.1 | 23.2 | 2.3 | 3.0 | .9 | .9 | .9 | .6 | 5.6 |
| SUGAR, SIRUP, JELLY, CANDY----- | 3.0 | 8.0 | .5 | 1.0 | 17.9 | 1.7 | 2.7 | .1 | .6 | .8 | .5 | .3 |
| OTHER SWEETS-- | | | | | | | | | | | | |
| ADDED VITAMIN C----- | .5 | .4 | * | * | 1.0 | .4 | .1 | .8 | .2 | * | * | 5.0 |
| NO ADDED VITAMIN C----- | 2.7 | 1.8 | .3 | * | 4.3 | .1 | .1 | * | * | * | * | .3 |
| OTHER FOOD----- | 7.4 | 1.7 | .3 | .1 | 2.5 | 3.2 | 5.0 | .3 | .8 | 2.7 | 17.9 | .0 |
| ALCOHOLIC BEVERAGE----- | 3.4 | .8 | .1 | .0 | .5 | .2 | * | .0 | * | .5 | 1.0 | .0 |
| SOME NUTRITIVE VALUE----- | 3.3 | .8 | .2 | .1 | 2.0 | 3.0 | 5.0 | .3 | .8 | 2.1 | 16.9 | .0 |
| NO NUTRITIVE VALUE----- | .7 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP

NORTH CENTRAL

ALL URBANIZATIONS

| FOOD GROUP * | MONEY VALUE | FOOD ENERGY | PROTEIN | FAT | CARBO- HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO- FLAVIN | NIACIN | ASCORBIC ACID |
|--|----------------|----------------|---------|-------|-------------------|---------|-------|-----------------------|---------|-----------------|--------|------------------|
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) | (13) |
| | | CAL | G | G | G | MG | MG | IU | MG | MG | MG | MG |
| ALL FOOD GROUPS, AVERAGE AMOUNT----- | 3.223 | 105.5 | 153.6 | 360.8 | 1.114 | 18.9 | 7.280 | 1.54 | 2.39 | 25.1 | 106 | |
| PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME | | | | | | | | | | | | |
| MILK, CREAM, CHEESE----- | 12.7 | 13.7 | 21.7 | 15.7 | 9.3 | 63.6 | 1.5 | 13.7 | 11.4 | 40.3 | 2.6 | 5.5 |
| MILK----- | 7.4 | 8.6 | 15.0 | 9.0 | 6.3 | 48.0 | .3 | 7.7 | 9.2 | 32.1 | 2.0 | 4.5 |
| CREAM, ICE CREAM----- | 2.7 | 2.8 | 1.8 | 3.4 | 2.5 | 5.7 | .2 | 3.0 | 1.2 | 3.8 | .2 | .5 |
| CHEESE----- | 2.3 | 2.0 | 4.6 | 3.0 | .2 | 9.2 | .9 | 2.6 | .5 | 3.8 | .1 | .0 |
| SOUP, MIXTURES----- | .4 | .3 | .3 | .3 | .3 | .8 | .2 | .4 | .5 | .6 | .3 | .5 |
| MEAT, POULTRY, FISH----- | 33.2 | 22.0 | 41.0 | 37.5 | .3 | 2.8 | 31.5 | 11.7 | 22.9 | 21.8 | 36.4 | .4 |
| BEEF----- | 14.5 | 8.6 | 18.4 | 14.0 | * | 1.0 | 15.3 | .4 | 3.3 | 6.6 | 14.7 | .0 |
| BACON, SALT PORK----- | 2.2 | 3.7 | 1.4 | 8.0 | * | .2 | 1.1 | .0 | 1.8 | .8 | 1.1 | .0 |
| OTHER PORK----- | 6.3 | 4.0 | 6.6 | 7.3 | * | .4 | 5.5 | .0 | 11.7 | 3.1 | 5.4 | .0 |
| LIVER----- | .2 | .1 | .4 | .1 | * | * | 1.1 | 7.3 | .2 | 2.6 | 1.0 | .4 |
| LUNCHMEAT, FRANKFURTERS----- | 3.7 | 3.0 | 4.2 | 5.4 | .2 | .2 | 3.8 | 1.5 | 4.0 | 3.7 | 4.0 | .0 |
| OTHER MEAT----- | 1.0 | .4 | 1.0 | .5 | * | .1 | .7 | * | .4 | .6 | 1.2 | * |
| POULTRY----- | 3.4 | 1.5 | 6.4 | 1.5 | * | .4 | 3.4 | 2.4 | 1.0 | 4.0 | 6.4 | * |
| FISH, SHELLFISH----- | 1.9 | .7 | 2.6 | .7 | .1 | .6 | .7 | .2 | .5 | .5 | 2.6 | * |
| OTHER PROTEIN FOOD----- | 4.8 | 5.1 | 9.9 | 6.7 | 2.3 | 3.9 | 10.0 | 8.1 | 5.9 | 6.7 | 5.7 | .4 |
| EGGS----- | 2.6 | 2.2 | 5.4 | 3.3 | .1 | 2.2 | 5.4 | 7.2 | 2.6 | 5.3 | .2 | .0 |
| DRY LEGUMES----- | .5 | 1.0 | 1.7 | .2 | 1.5 | 1.1 | 3.0 | .2 | 1.7 | .5 | .7 | .2 |
| NUTS, PEANUT BUTTER----- | .9 | 1.5 | 1.8 | 2.7 | .4 | .5 | 1.0 | * | 1.1 | .5 | 4.1 | * |
| SOUP, MIXTURES----- | .5 | .3 | .6 | .3 | .2 | .1 | .4 | .5 | .3 | .3 | .3 | .1 |
| ALL VEGETABLES----- | 13.4 | 6.8 | 6.3 | 2.7 | 11.8 | 6.4 | 14.3 | 36.8 | 15.1 | 7.7 | 13.6 | 46.4 |
| POTATOES----- | 2.8 | 3.4 | 2.2 | 1.9 | 5.3 | .8 | 3.6 | * | 5.4 | 1.6 | 6.7 | 11.1 |
| DARK GREEN----- | .5 | .1 | .2 | * | .1 | .5 | .5 | 3.8 | .3 | .4 | .2 | 3.2 |
| DEEP YELLOW----- | .4 | .2 | .1 | * | .4 | .3 | .4 | 13.6 | .3 | .2 | .3 | .7 |
| TOMATOES----- | 3.0 | .8 | .9 | .2 | 1.6 | .9 | 2.7 | 10.4 | 3.2 | 1.4 | 2.6 | 14.6 |
| OTHER----- | 6.3 | 2.1 | 2.8 | .4 | 4.2 | 3.7 | 6.8 | 7.5 | 5.8 | 4.0 | 3.7 | 16.5 |
| SOUP, MIXTURES----- | .4 | .1 | .2 | .1 | .2 | .1 | .2 | 1.4 | .1 | .1 | .2 | .3 |
| ALL FRUIT----- | 7.7 | 3.9 | 1.4 | .3 | 8.7 | 2.5 | 5.6 | 15.8 | 6.5 | 3.0 | 3.6 | 40.6 |
| CITRUS----- | 1.7 | .9 | .4 | .1 | 2.0 | .9 | .9 | 1.5 | 3.3 | .6 | .8 | 26.2 |
| OTHER VITAMIN C-RICH----- | .8 | .2 | .1 | * | .4 | .2 | .5 | 6.1 | .4 | .3 | .4 | 6.0 |
| OTHER----- | 5.2 | 2.7 | .8 | .2 | 6.2 | 1.3 | 4.2 | 8.2 | 2.8 | 2.1 | 2.4 | 8.5 |
| MIXTURES----- | * | * | * | * | * | * | * | * | * | * | * | * |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP--CONTINUED

NORTH CENTRAL

ALL ORGANIZATIONS

| FOOD GROUP * | MONEY VALUE | FOOD ENERGY | PROTEIN | FAT | CARBO- HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO- FLAVIN | NIACIN | ASCORBIC ACID |
|--|----------------|----------------|---------|------|-------------------|---------|------|-----------------------|---------|-----------------|--------|------------------|
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) | (13) |
| PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME | | | | | | | | | | | | |
| GRAIN, ENRICHED OR WHOLE GRAIN----- | 6.0 | 15.3 | 13.6 | 3.3 | 26.8 | 10.1 | 24.7 | .2 | 33.3 | 14.4 | 17.8 | .5 |
| FLOUR----- | .6 | 3.1 | 2.7 | .3 | 5.8 | 1.4 | 4.2 | * | 6.3 | 2.9 | 3.4 | .0 |
| CEREAL, PASTES----- | 2.1 | 4.0 | 3.3 | .5 | 7.6 | 2.0 | 8.4 | .1 | 12.3 | 3.6 | 5.8 | .4 |
| BREAD----- | 2.7 | 6.7 | 6.6 | 1.6 | 11.1 | 6.0 | 10.4 | * | 12.9 | 6.9 | 7.7 | .0 |
| OTHER BAKERY PRODUCTS----- | .7 | 1.5 | 1.0 | .9 | 2.3 | .7 | 1.6 | .1 | 1.8 | 1.0 | .9 | .1 |
| GRAIN, NOT ENRICHED OR WHOLE GRAIN-- | 5.8 | 9.0 | 4.9 | 6.1 | 13.2 | 4.8 | 4.6 | 1.3 | 3.7 | 2.9 | 2.6 | .4 |
| FLOUR----- | .4 | 1.0 | .4 | .6 | 1.7 | 1.0 | .4 | * | .2 | .3 | .2 | .0 |
| CEREAL, PASTES----- | .1 | .3 | .3 | .1 | .6 | * | .3 | * | .5 | .1 | .2 | .0 |
| BREAD----- | .3 | .5 | .5 | .1 | .9 | .5 | .5 | * | .7 | .2 | .3 | .0 |
| OTHER BAKERY PRODUCTS----- | 3.9 | 6.3 | 3.0 | 4.7 | 8.8 | 2.7 | 2.9 | .8 | 1.9 | 1.9 | 1.5 | * |
| SOUP, MIXTURES----- | 1.1 | .9 | .7 | .7 | 1.1 | .6 | .5 | .5 | .4 | .4 | .4 | .3 |
| FATS, OILS----- | 3.4 | 11.6 | .3 | 26.9 | .4 | .6 | .2 | 11.3 | .1 | .1 | * | * |
| BUTTER----- | 1.1 | 2.1 | .1 | 4.9 | * | .2 | .0 | 4.2 | .0 | .0 | .0 | .0 |
| MARGARINE----- | .8 | 3.4 | .1 | 7.9 | * | .3 | .0 | 6.8 | .0 | .0 | .0 | .0 |
| OIL, SALAD DRESSING----- | 1.0 | 3.1 | .1 | 7.1 | .3 | .1 | .2 | .3 | .1 | .1 | * | * |
| LARD----- | .1 | 1.1 | * | 2.5 | * | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| VEGETABLE SHORTENING----- | .4 | 1.9 | * | 4.5 | .1 | .0 | .0 | * | .0 | .0 | .0 | .0 |
| SUGAR, SWEETS----- | 6.1 | 11.1 | .6 | .8 | 24.9 | 2.2 | 3.0 | .9 | .8 | .8 | .5 | 5.7 |
| SUGAR, SIRUP, JELLY, CANDY----- | 2.8 | 8.7 | .4 | .8 | 19.2 | 1.5 | 2.7 | .1 | .5 | .7 | .4 | .3 |
| OTHER SWEETS-- | | | | | | | | | | | | |
| ADDED VITAMIN C----- | .5 | .5 | * | * | 1.3 | .6 | .2 | .8 | .3 | .1 | .1 | 5.2 |
| NO ADDED VITAMIN C----- | 2.8 | 1.9 | .3 | * | 4.4 | .1 | .1 | * | * | .1 | * | .2 |
| OTHER FOOD----- | 6.8 | 1.5 | .2 | .1 | 2.2 | 3.1 | 4.5 | .1 | .3 | 2.2 | 17.3 | .0 |
| ALCOHOLIC BEVERAGE----- | 2.8 | .7 | .1 | .0 | .4 | .2 | * | .0 | * | .5 | .9 | .0 |
| SOME NUTRITIVE VALUE----- | 3.1 | .8 | .1 | .1 | 1.8 | 2.9 | 4.5 | .1 | .3 | 1.7 | 16.4 | .0 |
| NO NUTRITIVE VALUE----- | .9 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP

NORTH CENTRAL

ALL URBANIZATION

| FOOD GROUP * | MONEY VALUE | FOOD ENERGY | PROTEIN | FAT | CARBO- HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO- FLAVIN | NIACIN | ASCORBIC ACID |
|--|----------------|----------------|---------|-------|-------------------|---------|-------|-----------------------|---------|-----------------|--------|------------------|
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) | (13) |
| | | CAL | G | G | G | MG | MG | IU | MG | MG | MG | MG |
| ALL FOOD GROUPS, AVERAGE AMOUNT----- | 3,165 | 105.5 | 151.9 | 347.5 | 1,120 | 18.9 | 6,990 | 1.53 | 2.38 | 25.2 | 91 | |
| PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME | | | | | | | | | | | | |
| MILK, CREAM, CHEESE----- | 13.1 | 14.1 | 22.0 | 16.4 | 9.4 | 64.7 | 1.3 | 14.5 | 11.6 | 41.7 | 2.5 | 6.5 |
| MILK----- | 8.5 | 9.8 | 16.3 | 10.5 | 7.1 | 51.6 | .2 | 9.2 | 10.0 | 34.9 | 2.1 | 5.8 |
| CREAM, ICE CREAM----- | 2.2 | 2.2 | 1.4 | 2.9 | 1.9 | 4.4 | .2 | 2.6 | .9 | 3.0 | .2 | .5 |
| CHEESE----- | 2.1 | 1.8 | 4.1 | 2.8 | .2 | 8.2 | .7 | 2.5 | .4 | 3.4 | .1 | .0 |
| SOUP, MIXTURES----- | .3 | .2 | .2 | .2 | .2 | .5 | .2 | .2 | .3 | .4 | .2 | .2 |
| MEAT, POULTRY, FISH----- | 34.4 | 21.8 | 41.4 | 36.5 | .3 | 2.8 | 31.5 | 14.0 | 23.1 | 21.9 | 37.0 | .5 |
| BEEF----- | 15.0 | 8.9 | 18.6 | 14.4 | * | 1.0 | 15.5 | .5 | 3.4 | 6.7 | 14.8 | .0 |
| BACON, SALT PORK----- | 1.9 | 2.8 | 1.1 | 6.2 | * | .2 | .8 | .0 | 1.4 | .6 | .8 | .0 |
| OTHER PORK----- | 6.9 | 4.2 | 6.6 | 7.6 | * | .4 | 5.5 | .0 | 12.1 | 3.2 | 5.4 | .0 |
| LIVER----- | .3 | .1 | .5 | .1 | * | * | 1.1 | 9.2 | .2 | 2.9 | 1.0 | .5 |
| LUNCHMEAT, FRANKFURTERS----- | 3.6 | 2.6 | 3.7 | 4.7 | .2 | .2 | 3.4 | 1.6 | 3.7 | 3.4 | 3.6 | .0 |
| OTHER MEAT----- | 1.1 | .4 | 1.1 | .5 | * | .1 | .6 | * | .4 | .8 | 1.2 | * |
| POULTRY----- | 4.1 | 2.2 | 7.7 | 2.5 | * | .5 | 3.8 | 2.6 | 1.5 | 4.0 | 8.1 | * |
| FISH, SHELLFISH----- | 1.7 | .6 | 2.1 | .5 | .1 | .6 | .7 | .1 | .4 | .4 | 1.9 | * |
| OTHER PROTEIN FOOD----- | 5.5 | 5.2 | 9.6 | 7.0 | 2.3 | 3.8 | 9.8 | 8.2 | 6.0 | 6.6 | 5.5 | .5 |
| EGGS----- | 2.9 | 2.2 | 5.2 | 3.2 | .1 | 2.1 | 5.2 | 7.2 | 2.6 | 5.1 | .2 | .0 |
| DRY LEGUMES----- | .5 | .9 | 1.6 | .2 | 1.4 | 1.0 | 2.8 | .2 | 1.5 | .5 | .6 | .2 |
| NUTS, PEANUT BUTTER----- | 1.1 | 1.6 | 1.8 | 3.0 | .4 | .5 | 1.1 | * | 1.4 | .5 | 3.9 | * |
| SOUP, MIXTURES----- | .6 | .4 | .7 | .4 | .3 | .2 | .5 | .6 | .4 | .3 | .4 | .2 |
| ALL VEGETABLES----- | 10.8 | 6.2 | 5.5 | 2.1 | 11.3 | 5.4 | 12.9 | 41.9 | 12.6 | 6.1 | 11.9 | 43.2 |
| POTATOES----- | 2.2 | 3.4 | 2.2 | 1.6 | 5.6 | .8 | 3.7 | * | 5.5 | 1.7 | 6.8 | 13.5 |
| DARK GREEN----- | .4 | .1 | .2 | * | .1 | .5 | .6 | 4.4 | .3 | .4 | .2 | 3.2 |
| DEEP YELLOW----- | .7 | .4 | .3 | * | .9 | .6 | .7 | 23.0 | .7 | .5 | .4 | 2.1 |
| TOMATOES----- | 1.9 | .6 | .6 | .1 | 1.2 | .5 | 2.0 | 6.9 | 2.0 | .8 | 1.8 | 9.2 |
| OTHER----- | 5.3 | 1.6 | 2.0 | .3 | 3.3 | 2.9 | 5.6 | 5.9 | 3.9 | 2.7 | 2.5 | 14.7 |
| SOUP, MIXTURES----- | .4 | .2 | .2 | .1 | .2 | .1 | .3 | 1.8 | .2 | .1 | .2 | .3 |
| ALL FRUIT----- | 6.7 | 4.2 | 1.1 | .3 | 9.7 | 2.2 | 4.7 | 5.3 | 6.7 | 2.4 | 2.6 | 43.3 |
| CITRUS----- | 2.1 | 1.1 | .5 | .1 | 2.5 | 1.2 | 1.1 | 2.0 | 3.9 | .7 | 1.0 | 36.7 |
| OTHER VITAMIN C-RICH----- | .1 | * | * | * | .1 | * | .1 | .3 | * | * | * | .7 |
| OTHER----- | 4.6 | 3.0 | .6 | .2 | 7.1 | 1.0 | 3.6 | 3.0 | 2.7 | 1.6 | 1.6 | 5.9 |
| MIXTURES----- | * | * | * | * | * | * | * | * | * | * | * | * |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP--CONTINUED

NORTH CENTRAL

ALL ORGANIZATIONS

| FOOD GROUP * | MONEY VALUE | FOOD ENERGY | PROTEIN | FAT | CARBO- HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO- FLAVIN | NIACIN | ASCORBIC ACID |
|--|----------------|----------------|---------|------|-------------------|---------|------|-----------------------|---------|-----------------|--------|------------------|
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) | (13) |
| PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME | | | | | | | | | | | | |
| GRAIN, ENRICHED OR WHOLE GRAIN----- | 6.4 | 16.0 | 14.3 | 3.1 | 28.6 | 10.4 | 26.5 | .1 | 34.8 | 14.8 | 18.0 | .6 |
| FLOUR----- | .7 | 3.9 | 3.3 | .3 | 7.4 | 1.6 | 5.3 | * | 7.8 | 3.6 | 4.2 | .0 |
| CEREAL, PASTES----- | 2.1 | 4.1 | 3.4 | .6 | 7.7 | 2.1 | 9.5 | .1 | 12.2 | 3.4 | 5.3 | .5 |
| BREAD----- | 2.9 | 6.9 | 6.8 | 1.7 | 11.8 | 6.1 | 10.7 | .0 | 13.3 | 7.0 | 7.8 | .0 |
| OTHER BAKERY PRODUCTS----- | .7 | 1.0 | .8 | .5 | 1.6 | .6 | 1.0 | .1 | 1.4 | .8 | .8 | .1 |
| GRAIN, NOT ENRICHED OR WHOLE GRAIN-- | 5.8 | 8.5 | 4.7 | 5.6 | 12.7 | 4.0 | 4.6 | 1.7 | 3.7 | 2.8 | 2.6 | .5 |
| FLOUR----- | .4 | 1.0 | .4 | .5 | 1.6 | .7 | .4 | * | .2 | .2 | .1 | * |
| CEREAL, PASTES----- | .2 | .4 | .3 | .1 | .7 | * | .3 | * | .5 | .1 | .2 | .0 |
| BREAD----- | .4 | .6 | .7 | .1 | 1.2 | .6 | .7 | * | .8 | .3 | .4 | .0 |
| OTHER BAKERY PRODUCTS----- | 3.7 | 5.6 | 2.7 | 4.2 | 8.0 | 2.1 | 2.6 | .6 | 1.6 | 1.7 | 1.3 | .1 |
| SOUP, MIXTURES----- | 1.1 | .9 | .7 | .8 | 1.2 | .6 | .6 | 1.0 | .5 | .5 | .5 | .3 |
| FATS, OILS----- | 3.8 | 11.8 | .3 | 27.4 | .4 | .6 | .1 | 13.3 | .1 | .1 | * | * |
| BUTTER----- | 1.5 | 2.7 | .1 | 6.3 | * | .2 | .0 | 5.6 | .0 | .0 | .0 | .0 |
| MARGARINE----- | .9 | 3.6 | .1 | 8.4 | * | .3 | .0 | 7.5 | .0 | .0 | .0 | .0 |
| OIL, SALAD DRESSING----- | .8 | 2.6 | .1 | 5.8 | .3 | .1 | .1 | .2 | .1 | .1 | * | * |
| LARD----- | .2 | 1.1 | * | 2.5 | * | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| VEGETABLE SHORTENING----- | .4 | 1.9 | * | 4.3 | .1 | .0 | .0 | * | .0 | .0 | .0 | .0 |
| SUGAR, SWEETS----- | 5.9 | 10.3 | .9 | 1.5 | 22.7 | 2.5 | 3.5 | .9 | 1.1 | 1.1 | .8 | 4.8 |
| SUGAR, SIRUP, JELLY, CANDY----- | 3.3 | 8.4 | .7 | 1.4 | 18.2 | 2.1 | 3.2 | .1 | .9 | 1.0 | .8 | .3 |
| OTHER SWEETS-- | | | | | | | | | | | | |
| ADDED VITAMIN C----- | .3 | .3 | * | * | .7 | .3 | .1 | .7 | .1 | * | * | 4.3 |
| NO ADDED VITAMIN C----- | 2.3 | 1.7 | .2 | * | 3.8 | .1 | .1 | * | * | .1 | * | .2 |
| OTHER FOOD----- | 7.6 | 1.8 | .3 | .1 | 2.6 | 3.4 | 5.2 | .2 | .4 | 2.5 | 19.0 | .0 |
| ALCOHOLIC BEVERAGE----- | 3.5 | .9 | .1 | .0 | .5 | .2 | * | .0 | * | .6 | 1.0 | .0 |
| SOME NUTRITIVE VALUE----- | 3.3 | .9 | .2 | .1 | 2.1 | 3.2 | 5.2 | .2 | .4 | 1.9 | 18.0 | .0 |
| NO NUTRITIVE VALUE----- | .7 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP

NORTH CENTRAL

ALL URBANIZATIONS

| FOOD GROUP * | MONEY VALUE | FOOD ENERGY | PROTEIN | FAT | CARBO- HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO- FLAVIN | NIACIN | ASCORBIC ACID |
|--|----------------|----------------|---------|-------|-------------------|---------|-------|-----------------------|---------|-----------------|--------|------------------|
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) | (13) |
| | | CAL | G | G | G | MG | MG | IU | MG | MG | MG | MG |
| ALL FOOD GROUPS, AVERAGE AMOUNT----- | 3,103 | 103.2 | 146.5 | 348.1 | 1,127 | 18.7 | 6,950 | 1.52 | 2.37 | 24.3 | 104 | |
| PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME | | | | | | | | | | | | |
| MILK, CREAM, CHEESE----- | 13.6 | 14.2 | 22.9 | 16.6 | 9.3 | 65.2 | 1.5 | 14.4 | 11.8 | 42.3 | 2.7 | 5.7 |
| MILK----- | 8.7 | 9.7 | 16.5 | 10.4 | 7.0 | 51.1 | .2 | 8.9 | 10.0 | 35.0 | 2.2 | 5.0 |
| CREAM, ICE CREAM----- | 2.0 | 2.1 | 1.4 | 2.7 | 1.8 | 4.1 | .2 | 2.3 | .8 | 2.8 | .1 | .4 |
| CHEESE----- | 2.4 | 2.1 | 4.7 | 3.2 | .2 | 9.3 | .9 | 2.8 | .5 | 3.9 | .1 | .0 |
| SOUP, MIXTURES----- | .4 | .3 | .3 | .3 | .3 | .7 | .2 | .4 | .4 | .6 | .3 | .3 |
| MEAT, POULTRY, FISH----- | 34.1 | 21.0 | 39.7 | 35.7 | .3 | 2.5 | 30.4 | 15.8 | 21.3 | 21.6 | 35.9 | .6 |
| BEEF----- | 15.5 | 9.4 | 19.2 | 15.6 | * | 1.0 | 15.8 | .5 | 3.5 | 6.8 | 15.5 | .0 |
| BACON, SALT PORK----- | 1.8 | 2.6 | .9 | 5.6 | * | .1 | .7 | .0 | 1.2 | .5 | .7 | .0 |
| OTHER PORK----- | 6.7 | 4.0 | 6.2 | 7.2 | * | .3 | 5.1 | .0 | 11.1 | 2.9 | 5.2 | .0 |
| LIVER----- | .3 | .1 | .6 | .1 | * | * | 1.3 | 11.5 | .3 | 3.5 | 1.3 | .6 |
| LUNCHMEAT, FRANKFURTERS----- | 3.4 | 2.5 | 3.6 | 4.6 | .1 | .2 | 3.2 | 1.6 | 3.4 | 3.2 | 3.5 | .0 |
| OTHER MEAT----- | 1.2 | .4 | 1.2 | .5 | * | .1 | .7 | * | .5 | .9 | 1.5 | * |
| POULTRY----- | 3.4 | 1.5 | 5.8 | 1.6 | * | .3 | 2.9 | 2.0 | .9 | 3.3 | 6.0 | * |
| FISH, SHELLFISH----- | 1.7 | .6 | 2.2 | .6 | * | .4 | .6 | .1 | .4 | .4 | 2.2 | * |
| OTHER PROTEIN FOOD----- | 5.1 | 5.0 | 9.3 | 6.8 | 2.1 | 3.5 | 9.2 | 7.8 | 5.5 | 6.3 | 5.6 | .4 |
| EGGS----- | 2.9 | 2.2 | 5.2 | 3.2 | .1 | 2.0 | 5.1 | 7.0 | 2.5 | 5.0 | .2 | .0 |
| DRY LEGUMES----- | .5 | .8 | 1.4 | .2 | 1.2 | .9 | 2.5 | .1 | 1.4 | .5 | .6 | .1 |
| NUTS, PEANUT BUTTER----- | .9 | 1.6 | 1.8 | 3.0 | .4 | .5 | 1.0 | * | 1.2 | .5 | 4.1 | * |
| SOUP, MIXTURES----- | .5 | .3 | .5 | .3 | .2 | .1 | .4 | .5 | .3 | .3 | .4 | .1 |
| ALL VEGETABLES----- | 11.2 | 6.7 | 5.8 | 2.6 | 11.7 | 5.5 | 13.4 | 40.3 | 12.9 | 6.2 | 13.0 | 37.4 |
| POTATOES----- | 2.4 | 3.8 | 2.4 | 2.0 | 6.1 | .9 | 4.0 | * | 5.9 | 1.8 | 7.6 | 12.5 |
| DARK GREEN----- | .4 | .1 | .2 | * | .1 | .5 | .6 | 4.8 | .3 | .4 | .2 | 2.8 |
| DEEP YELLOW----- | .6 | .3 | .2 | * | .6 | .5 | .6 | 20.0 | .5 | .3 | .4 | 1.2 |
| TOMATOES----- | 1.7 | .7 | .6 | .2 | 1.3 | .5 | 2.1 | 7.2 | 2.0 | .9 | 2.0 | 7.7 |
| OTHER----- | 5.7 | 1.7 | 2.1 | .3 | 3.4 | 2.9 | 5.8 | 6.1 | 4.0 | 2.7 | 2.7 | 12.8 |
| SOUP, MIXTURES----- | .4 | .2 | .3 | .1 | .2 | .1 | .3 | 2.2 | .2 | .1 | .3 | .4 |
| ALL FRUIT----- | 7.6 | 4.7 | 1.4 | .3 | 10.6 | 3.0 | 5.4 | 6.1 | 8.1 | 2.7 | 3.1 | 51.1 |
| CITRUS----- | 2.9 | 1.6 | .8 | .1 | 3.6 | 2.0 | 1.7 | 2.7 | 5.5 | 1.1 | 1.4 | 45.1 |
| OTHER VITAMIN C-RICH----- | .2 | .1 | * | * | .2 | * | .1 | .1 | * | .1 | * | 1.0 |
| OTHER----- | 4.4 | 3.0 | .6 | .2 | 6.9 | 1.0 | 3.6 | 3.3 | 2.5 | 1.6 | 1.7 | 5.0 |
| MIXTURES----- | * | * | * | * | * | * | * | * | * | * | * | * |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP--CONTINUED

NORTH CENTRAL

ALL URBANIZATIONS

| FOOD GROUP * | MONEY VALUE | FOOD ENERGY | PROTEIN | FAT | CARBO- HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO- FLAVIN | NIACIN | ASCORBIC ACID |
|--|----------------|----------------|---------|------|-------------------|---------|------|-----------------------|---------|-----------------|--------|------------------|
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) | (13) |
| PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME | | | | | | | | | | | | |
| GRAIN, ENRICHED OR WHOLE GRAIN----- | 6.5 | 16.2 | 14.5 | 3.2 | 28.5 | 10.4 | 27.1 | .1 | 35.0 | 14.7 | 18.4 | .5 |
| FLOUR----- | .7 | 4.0 | 3.3 | .3 | 7.3 | 1.8 | 5.3 | * | 7.7 | 3.6 | 4.3 | .0 |
| CEREAL, PASTES----- | 2.3 | 4.6 | 3.9 | .7 | 8.5 | 2.3 | 10.6 | .1 | 13.2 | 3.6 | 5.7 | .4 |
| BREAD----- | 2.9 | 6.7 | 6.6 | 1.7 | 11.2 | 5.8 | 10.2 | * | 12.7 | 6.7 | 7.7 | .0 |
| OTHER BAKERY PRODUCTS----- | .6 | .9 | .7 | .5 | 1.5 | .5 | 1.0 | * | 1.3 | .7 | .7 | .1 |
| GRAIN, NOT ENRICHED OR WHOLE GRAIN-- | 6.2 | 8.9 | 5.1 | 5.9 | 13.1 | 4.3 | 4.7 | 1.3 | 3.9 | 2.9 | 2.9 | .3 |
| FLOUR----- | .5 | 1.2 | .4 | .6 | 2.0 | .9 | .4 | * | .2 | .3 | .2 | .0 |
| CEREAL, PASTES----- | .2 | .5 | .4 | .1 | 1.0 | .1 | .4 | * | .7 | .1 | .3 | .0 |
| BREAD----- | .4 | .6 | .6 | .1 | 1.1 | .5 | .6 | * | .8 | .3 | .4 | .0 |
| OTHER BAKERY PRODUCTS----- | 3.8 | 5.8 | 2.7 | 4.4 | 7.9 | 2.1 | 2.6 | .7 | 1.7 | 1.6 | 1.4 | * |
| SOUP, MIXTURES----- | 1.3 | .9 | .8 | .6 | 1.1 | .6 | .6 | .6 | .5 | .5 | .6 | .3 |
| FATS, OILS----- | 3.7 | 11.8 | .3 | 27.7 | .4 | .6 | .1 | 12.8 | .1 | .1 | * | * |
| BUTTER----- | 1.3 | 2.3 | .1 | 5.4 | * | .2 | .0 | 4.6 | .0 | .0 | .0 | .0 |
| MARGARINE----- | .9 | 3.9 | .1 | 9.3 | * | .3 | .0 | 8.0 | .0 | .0 | .0 | .0 |
| OIL, SALAD DRESSING----- | .9 | 2.7 | .1 | 6.3 | .3 | .1 | .1 | .2 | .1 | .1 | * | * |
| LARD----- | .1 | .8 | * | 1.8 | * | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| VEGETABLE SHORTENING----- | .5 | 2.1 | * | 4.9 | .1 | .0 | .0 | * | .0 | .0 | .0 | .0 |
| SUGAR, SWEETS----- | 5.7 | 9.9 | .9 | 1.0 | 21.6 | 2.0 | 3.2 | 1.1 | 1.0 | .9 | .7 | 4.0 |
| SUGAR, SIRUP, JELLY, CANDY----- | 2.9 | 7.7 | .5 | 1.0 | 16.7 | 1.6 | 3.0 | .1 | .7 | .8 | .6 | .3 |
| OTHER SWEETS-- | | | | | | | | | | | | |
| ADDED VITAMIN C----- | .3 | .3 | * | * | .7 | .3 | .1 | 1.0 | .2 | * | * | 3.6 |
| NO ADDED VITAMIN C----- | 2.4 | 1.9 | .4 | .1 | 4.2 | .1 | .2 | * | * | .1 | * | .2 |
| OTHER FOOD----- | 6.5 | 1.6 | .3 | .1 | 2.5 | 3.1 | 5.0 | .2 | .5 | 2.4 | 17.6 | .0 |
| ALCOHOLIC BEVERAGE----- | 2.7 | .7 | .1 | .0 | .4 | .2 | * | .0 | * | .5 | .9 | .0 |
| SOME NUTRITIVE VALUE----- | 3.2 | .9 | .2 | .1 | 2.1 | 2.9 | 5.0 | .2 | .5 | 1.9 | 16.7 | .0 |
| NO NUTRITIVE VALUE----- | .6 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |

TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP

NORTH CENTRAL

URBAN

| FOOD GROUP * | MONEY VALUE | FOOD ENERGY | PROTEIN | FAT | CARBO- HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO- FLAVIN | NIACIN | ASCORBIC ACID |
|--|----------------|----------------|---------|-------|-------------------|---------|-------|-----------------------|---------|-----------------|--------|------------------|
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) | (13) |
| | | CAL | G | G | G | MG | MG | IU | MG | MG | MG | MG |
| ALL FOOD GROUPS, AVERAGE AMOUNT----- | 3,061 | 103.0 | 148.1 | 332.2 | 1,084 | 18.4 | 6,970 | 1.50 | 2.32 | 24.5 | 99 | |
| PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME | | | | | | | | | | | | |
| MILK, CREAM, CHEESE----- | 12.6 | 13.9 | 21.8 | 15.8 | 9.5 | 64.0 | 1.5 | 13.8 | 11.4 | 40.6 | 2.6 | 5.7 |
| MILK----- | 7.6 | 9.1 | 15.2 | 9.4 | 6.8 | 49.0 | .2 | 8.1 | 9.4 | 32.9 | 2.0 | 4.9 |
| CREAM, ICE CREAM----- | 2.3 | 2.4 | 1.6 | 2.9 | 2.2 | 4.8 | .2 | 2.5 | 1.0 | 3.2 | .2 | .5 |
| CHEESE----- | 2.4 | 2.1 | 4.7 | 3.2 | .2 | 9.4 | .9 | 2.8 | .5 | 3.9 | .1 | .0 |
| SOUP, MIXTURES----- | .4 | .3 | .3 | .3 | .3 | .7 | .2 | .4 | .5 | .6 | .3 | .4 |
| MEAT, POULTRY, FISH----- | 34.2 | 22.8 | 42.0 | 38.1 | .3 | 2.8 | 32.2 | 14.3 | 24.0 | 22.8 | 37.4 | .5 |
| BEEF----- | 14.8 | 9.3 | 18.8 | 15.0 | * | 1.0 | 15.7 | .5 | 3.4 | 6.8 | 15.0 | .0 |
| BACON, SALT PORK----- | 1.9 | 3.2 | 1.2 | 7.0 | * | .2 | .9 | .0 | 1.6 | .7 | .9 | .0 |
| OTHER PORK----- | 6.9 | 4.4 | 7.0 | 7.8 | * | .4 | 5.9 | .0 | 12.7 | 3.4 | 5.7 | .0 |
| LIVER----- | .3 | .1 | .5 | .1 | * | * | 1.1 | 9.4 | .2 | 3.0 | 1.1 | .5 |
| LUNCHMEAT, FRANKFURTERS----- | 3.6 | 2.9 | 4.0 | 5.2 | .2 | .2 | 3.7 | 1.9 | 3.9 | 3.8 | 4.0 | .0 |
| OTHER MEAT----- | 1.1 | .4 | 1.2 | .6 | * | .1 | .7 | * | .4 | .8 | 1.3 | * |
| POULTRY----- | 3.6 | 1.7 | 6.7 | 1.7 | * | .4 | 3.5 | 2.3 | 1.1 | 4.0 | 6.9 | * |
| FISH, SHELLFISH----- | 1.9 | .7 | 2.6 | .6 | .1 | .5 | .7 | .2 | .5 | .5 | 2.4 | * |
| OTHER PROTEIN FOOD----- | 5.1 | 5.1 | 9.5 | 6.7 | 2.3 | 3.8 | 9.7 | 7.9 | 5.8 | 6.6 | 5.6 | .4 |
| EGGS----- | 2.8 | 2.2 | 5.2 | 3.2 | .1 | 2.1 | 5.2 | 7.1 | 2.6 | 5.1 | .2 | .0 |
| DRY LEGUMES----- | .5 | .9 | 1.6 | .2 | 1.4 | 1.0 | 2.8 | .2 | 1.6 | .5 | .6 | .2 |
| NUTS, PEANUT BUTTER----- | .9 | 1.5 | 1.8 | 2.8 | .4 | .5 | 1.0 | * | 1.1 | .5 | 4.0 | * |
| SOUP, MIXTURES----- | .6 | .3 | .6 | .3 | .2 | .1 | .5 | .5 | .4 | .3 | .4 | .1 |
| ALL VEGETABLES----- | 11.6 | 6.4 | 5.6 | 2.5 | 11.3 | 5.9 | 13.3 | 40.6 | 13.0 | 6.6 | 12.1 | 40.6 |
| POTATOES----- | 2.5 | 3.4 | 2.1 | 1.9 | 5.4 | .8 | 3.5 | * | 5.2 | 1.6 | 6.4 | 11.1 |
| DARK GREEN----- | .5 | .1 | .2 | * | .1 | .7 | .8 | 6.0 | .4 | .5 | .2 | 3.7 |
| DEEP YELLOW----- | .5 | .3 | .2 | * | .6 | .4 | .6 | 18.3 | .5 | .3 | .3 | 1.2 |
| TOMATOES----- | 2.1 | .7 | .7 | .2 | 1.4 | .6 | 2.3 | 8.1 | 2.4 | 1.0 | 2.1 | 10.2 |
| OTHER----- | 5.5 | 1.7 | 2.2 | .3 | 3.5 | 3.2 | 5.9 | 6.4 | 4.4 | 3.1 | 2.8 | 14.1 |
| SOUP, MIXTURES----- | .4 | .2 | .2 | .1 | .2 | .1 | .3 | 1.8 | .2 | .1 | .2 | .3 |
| ALL FRUIT----- | 7.2 | 4.2 | 1.3 | .3 | 9.7 | 2.6 | 5.2 | 8.5 | 7.2 | 2.7 | 3.0 | 46.6 |
| CITRUS----- | 2.3 | 1.3 | .6 | .1 | 2.9 | 1.5 | 1.3 | 2.1 | 4.4 | .9 | 1.1 | 37.4 |
| OTHER VITAMIN C-RICH----- | .4 | .1 | * | * | .2 | .1 | .2 | 1.9 | .2 | .1 | .2 | 3.0 |
| OTHER----- | 4.4 | 2.8 | .6 | .2 | 6.6 | 1.1 | 3.6 | 4.5 | 2.6 | 1.7 | 1.8 | 6.2 |
| MIXTURES----- | * | * | * | * | * | * | * | * | * | * | * | * |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP--CONTINUED

NORTH CENTRAL

URBAN

| FOOD GROUP * | MONEY VALUE | FOOD ENERGY | PROTEIN | FAT | CARBO- HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO- FLAVIN | NIACIN | ASCORBIC ACID |
|--|----------------|----------------|---------|------|-------------------|---------|------|-----------------------|---------|-----------------|--------|------------------|
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) | (13) |
| PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME | | | | | | | | | | | | |
| GRAIN, ENRICHED OR WHOLE GRAIN----- | 6.1 | 15.2 | 13.4 | 3.2 | 27.4 | 10.4 | 25.0 | .2 | 33.1 | 14.1 | 17.2 | .5 |
| FLOUR----- | .5 | 2.7 | 2.2 | .2 | 5.1 | 1.4 | 3.6 | * | 5.3 | 2.4 | 2.8 | .0 |
| CEREAL, PASTES----- | 2.1 | 4.2 | 3.5 | .5 | 8.2 | 2.2 | 9.5 | .1 | 12.8 | 3.7 | 5.7 | .5 |
| BREAD----- | 2.8 | 7.0 | 6.8 | 1.7 | 12.1 | 6.1 | 10.6 | * | 13.3 | 7.0 | 7.8 | .0 |
| OTHER BAKERY PRODUCTS----- | .7 | 1.3 | .9 | .7 | 2.1 | .7 | 1.3 | .1 | 1.7 | .9 | .9 | .1 |
| GRAIN, NOT ENRICHED OR WHOLE GRAIN-- | 6.3 | 9.5 | 5.2 | 6.3 | 14.3 | 4.7 | 4.9 | 1.6 | 4.1 | 3.1 | 2.9 | .5 |
| FLOUR----- | .4 | 1.0 | .4 | .5 | 1.7 | .8 | .3 | * | .2 | .2 | .1 | * |
| CEREAL, PASTES----- | .1 | .4 | .3 | .1 | .7 | .1 | .3 | * | .5 | .1 | .2 | .0 |
| BREAD----- | .4 | .7 | .7 | .1 | 1.3 | .6 | .7 | * | .9 | .3 | .4 | .0 |
| OTHER BAKERY PRODUCTS----- | 4.2 | 6.5 | 3.0 | 4.8 | 9.4 | 2.6 | 3.0 | .8 | 2.0 | 1.9 | 1.5 | .1 |
| SOUP, MIXTURES----- | 1.2 | 1.0 | .8 | .7 | 1.2 | .6 | .6 | .7 | .5 | .5 | .6 | .3 |
| FATS, OILS----- | 3.5 | 11.3 | .3 | 26.1 | .4 | .6 | .2 | 12.0 | .1 | .1 | * | * |
| BUTTER----- | 1.3 | 2.3 | .1 | 5.4 | * | .2 | .0 | 4.7 | .0 | .0 | .0 | .0 |
| MARGARINE----- | .8 | 3.5 | .1 | 8.1 | * | .3 | .0 | 7.0 | .0 | .0 | .0 | .0 |
| OIL, SALAD DRESSING----- | 1.0 | 3.1 | .1 | 7.0 | .3 | .1 | .2 | .3 | .1 | .1 | * | * |
| LARD----- | .1 | .6 | * | 1.3 | * | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| VEGETABLE SHORTENING----- | .4 | 1.9 | * | 4.3 | .1 | .0 | .0 | * | .0 | .0 | .0 | .0 |
| SUGAR, SWEETS----- | 5.9 | 9.7 | .8 | 1.1 | 22.0 | 2.1 | 2.8 | .9 | .9 | .9 | .6 | 5.0 |
| SUGAR, SIRUP, JELLY, CANDY----- | 2.7 | 7.3 | .5 | 1.0 | 16.2 | 1.6 | 2.5 | .1 | .6 | .8 | .5 | .3 |
| OTHER SWEETS----- | .4 | .4 | * | * | 1.0 | .4 | .1 | .8 | .3 | * | .1 | 4.5 |
| ADDED VITAMIN C----- | .4 | .4 | * | * | 1.0 | .4 | .1 | .8 | .3 | * | .1 | 4.5 |
| NO ADDED VITAMIN C----- | 2.8 | 2.0 | .3 | * | 4.8 | .1 | .1 | * | * | .1 | * | .3 |
| OTHER FOOD----- | 7.6 | 1.9 | .3 | .1 | 2.7 | 3.2 | 5.2 | .2 | .6 | 2.5 | 18.6 | .0 |
| ALCOHOLIC BEVERAGE----- | 3.7 | 1.0 | .1 | .0 | .5 | .2 | * | .0 | * | .6 | 1.1 | .0 |
| SOME NUTRITIVE VALUE----- | 3.1 | .9 | .1 | .1 | 2.1 | 3.0 | 5.1 | .2 | .5 | 1.9 | 17.5 | .0 |
| NO NUTRITIVE VALUE----- | .8 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |

TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP

NORTH CENTRAL

URBAN

| FOOD GROUP * | MONEY VALUE | FOOD ENERGY | PROTEIN | FAT | CARBO- HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO- FLAVIN | NIACIN | ASCORBIC ACID |
|--|----------------|----------------|---------|-------|-------------------|---------|-------|-----------------------|---------|-----------------|--------|------------------|
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) | (13) |
| | | CAL | G | G | G | MG | MG | IU | MG | MG | MG | MG |
| ALL FOOD GROUPS, AVERAGE AMOUNT----- | 3,083 | 104.8 | 151.2 | 327.6 | 1,067 | 18.9 | 7,080 | 1.52 | 2.33 | 24.9 | 98 | |
| PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME | | | | | | | | | | | | |
| MILK, CREAM, CHEESE----- | 12.2 | 13.4 | 20.7 | 15.1 | 9.4 | 62.7 | 1.5 | 13.3 | 10.7 | 39.0 | 2.4 | 5.5 |
| MILK----- | 7.2 | 8.7 | 14.3 | 9.0 | 6.6 | 47.4 | .2 | 7.7 | 8.8 | 31.3 | 1.9 | 4.7 |
| CREAM, ICE CREAM----- | 2.3 | 2.4 | 1.5 | 2.8 | 2.2 | 4.9 | .2 | 2.5 | 1.0 | 3.2 | .2 | .5 |
| CHEESE----- | 2.3 | 2.1 | 4.5 | 3.1 | .2 | 9.5 | .8 | 2.7 | .5 | 3.9 | .1 | .0 |
| SOUP, MIXTURES----- | .4 | .3 | .3 | .3 | .3 | .8 | .2 | .4 | .5 | .6 | .3 | .4 |
| MEAT, POULTRY, FISH----- | 33.9 | 24.0 | 43.7 | 39.7 | .3 | 3.1 | 33.4 | 15.4 | 26.2 | 24.3 | 39.0 | .6 |
| BEEF----- | 14.5 | 9.4 | 18.8 | 15.2 | .0 | 1.1 | 15.5 | .5 | 3.4 | 6.9 | 15.0 | .0 |
| BACON, SALT PORK----- | 1.8 | 3.5 | 1.3 | 7.3 | * | .2 | 1.0 | .0 | 1.7 | .7 | 1.0 | .0 |
| OTHER PORK----- | 7.2 | 5.0 | 8.1 | 8.6 | * | .5 | 6.7 | .0 | 14.6 | 3.9 | 6.6 | .0 |
| LIVER----- | .3 | .1 | .5 | * | * | * | 1.3 | 10.6 | .3 | 3.4 | 1.3 | .5 |
| LUNCHMEAT, FRANKFURTERS----- | 3.7 | 3.2 | 4.3 | 5.6 | .2 | .2 | 3.9 | 1.7 | 4.2 | 3.9 | 4.2 | .0 |
| OTHER MEAT----- | 1.0 | .4 | 1.2 | .5 | * | * | .8 | * | .4 | .8 | 1.3 | * |
| POULTRY----- | 3.6 | 1.7 | 6.7 | 1.7 | * | .4 | 3.5 | 2.4 | 1.1 | 4.1 | 6.9 | * |
| FISH, SHELLFISH----- | 1.9 | .8 | 2.8 | .7 | * | .7 | .8 | .2 | .5 | .6 | 2.7 | * |
| OTHER PROTEIN FOOD----- | 4.9 | 5.2 | 9.7 | 6.7 | 2.4 | 4.1 | 9.9 | 8.2 | 5.8 | 6.9 | 5.6 | .4 |
| EGGS----- | 2.7 | 2.3 | 5.4 | 3.3 | .1 | 2.2 | 5.3 | 7.3 | 2.6 | 5.3 | .2 | .0 |
| DRY LEGUMES----- | .5 | 1.0 | 1.7 | .3 | 1.5 | 1.1 | 3.0 | .2 | 1.7 | .6 | .7 | .2 |
| NUTS, PEANUT BUTTER----- | .8 | 1.5 | 1.7 | 2.6 | .4 | .5 | .9 | * | .9 | .5 | 4.0 | * |
| SOUP, MIXTURES----- | .6 | .3 | .6 | .4 | .3 | .2 | .5 | .6 | .4 | .3 | .4 | .1 |
| ALL VEGETABLES----- | 11.9 | 6.2 | 5.3 | 2.4 | 11.2 | 6.0 | 12.8 | 41.6 | 12.2 | 6.4 | 11.5 | 38.2 |
| POTATOES----- | 2.9 | 3.3 | 2.0 | 1.8 | 5.5 | .8 | 3.4 | * | 5.0 | 1.5 | 6.2 | 11.1 |
| DARK GREEN----- | .5 | * | .2 | * | .1 | 1.0 | .9 | 7.8 | .5 | .6 | .2 | 4.0 |
| DEEP YELLOW----- | .5 | .3 | .2 | * | .6 | .4 | .5 | 19.0 | .4 | .3 | .3 | 1.0 |
| TOMATOES----- | 1.9 | .7 | .6 | .2 | 1.3 | .6 | 2.0 | 7.0 | 2.0 | .9 | 1.9 | 8.5 |
| OTHER----- | 5.7 | 1.7 | 2.1 | .3 | 3.5 | 3.1 | 5.7 | 6.1 | 4.1 | 3.0 | 2.7 | 13.2 |
| SOUP, MIXTURES----- | .4 | .2 | .2 | .1 | .2 | .1 | .3 | 1.7 | .1 | .1 | .2 | .3 |
| ALL FRUIT----- | 7.3 | 4.0 | 1.2 | .3 | 9.5 | 2.8 | 5.1 | 7.0 | 6.8 | 2.7 | 2.9 | 48.5 |
| CITRUS----- | 2.4 | 1.3 | .6 | * | 2.9 | 1.5 | 1.3 | 2.0 | 4.4 | .9 | 1.1 | 37.5 |
| OTHER VITAMIN C-RICH----- | .7 | .1 | * | * | .3 | .2 | .4 | 1.1 | .2 | .3 | .2 | 5.0 |
| OTHER----- | 4.1 | 2.6 | .6 | .2 | 6.2 | 1.1 | 3.4 | 3.8 | 2.3 | 1.5 | 1.5 | 5.9 |
| MIXTURES----- | * | * | * | * | * | * | * | * | * | * | * | * |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP--CONTINUED

NORTH CENTRAL

URBAN

| FOOD GROUP * | MONEY VALUE | FOOD ENERGY | PROTEIN | FAT | CARBO- HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO- FLAVIN | NIACIN | ASCORBIC ACID |
|--|----------------|----------------|---------|------|-------------------|---------|------|-----------------------|---------|-----------------|--------|------------------|
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) | (13) |
| PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME | | | | | | | | | | | | |
| GRAIN, ENRICHED OR WHOLE GRAIN----- | 6.1 | 14.9 | 13.0 | 3.0 | 27.5 | 10.8 | 24.6 | .2 | 32.5 | 14.1 | 17.1 | .5 |
| FLOUR----- | .4 | 2.4 | 2.0 | .2 | 4.7 | 1.4 | 3.1 | * | 4.7 | 2.2 | 2.5 | .0 |
| CEREAL, PASTES----- | 2.1 | 4.2 | 3.4 | .5 | 8.4 | 2.4 | 9.8 | * | 12.8 | 3.8 | 5.9 | .4 |
| BREAD----- | 2.7 | 6.9 | 6.6 | 1.7 | 12.2 | 6.2 | 10.4 | * | 13.0 | 7.0 | 7.7 | .0 |
| OTHER BAKERY PRODUCTS----- | .8 | 1.4 | 1.0 | .7 | 2.2 | .9 | 1.3 | .1 | 2.0 | 1.1 | 1.0 | .1 |
| GRAIN, NOT ENRICHED OR WHOLE GRAIN-- | 6.3 | 9.4 | 5.0 | 6.2 | 14.4 | 4.6 | 4.6 | 1.4 | 3.8 | 3.0 | 2.7 | .5 |
| FLOUR----- | .4 | .9 | .3 | .5 | 1.6 | .8 | .3 | * | .2 | .2 | .1 | * |
| CEREAL, PASTES----- | .1 | .4 | .3 | * | .8 | * | .3 | * | .5 | .1 | .2 | .0 |
| BREAD----- | .4 | .7 | .7 | * | 1.3 | .6 | .7 | * | .8 | .3 | .4 | .0 |
| OTHER BAKERY PRODUCTS----- | 4.1 | 6.5 | 3.0 | 4.8 | 9.6 | 2.6 | 2.8 | .8 | 1.8 | 1.9 | 1.4 | .1 |
| SOUP, MIXTURES----- | 1.2 | .9 | .7 | .7 | 1.2 | .6 | .6 | .6 | .5 | .5 | .5 | .4 |
| FATS, OILS----- | 3.4 | 11.2 | .3 | 25.5 | .4 | .6 | .2 | 11.6 | * | .1 | * | * |
| BUTTER----- | 1.2 | 2.3 | * | 5.3 | * | .2 | .0 | 4.6 | .0 | .0 | .0 | .0 |
| MARGARINE----- | .7 | 3.4 | * | 7.8 | * | .3 | .0 | 6.8 | .0 | .0 | .0 | .0 |
| OIL, SALAD DRESSING----- | 1.0 | 3.1 | * | 6.8 | .3 | .1 | .2 | .3 | * | .1 | * | * |
| LARD----- | * | .6 | * | 1.4 | * | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| VEGETABLE SHORTENING----- | .4 | 1.8 | * | 4.1 | * | .0 | .0 | * | .0 | .0 | .0 | .0 |
| SUGAR, SWEETS----- | 6.0 | 9.6 | .8 | 1.0 | 22.2 | 2.2 | 2.7 | 1.0 | .9 | .9 | .5 | 5.7 |
| SUGAR, SIRUP, JELLY, CANDY----- | 2.7 | 7.1 | .5 | 1.0 | 16.1 | 1.7 | 2.4 | * | .6 | .7 | .4 | .3 |
| OTHER SWEETS-- | | | | | | | | | | | | |
| ADDED VITAMIN C----- | .5 | .5 | * | * | 1.1 | .5 | .2 | .9 | .3 | * | * | 5.1 |
| NO ADDED VITAMIN C----- | 2.9 | 2.0 | .3 | * | 4.9 | .1 | .1 | * | * | * | * | .4 |
| OTHER FOOD----- | 8.1 | 1.9 | .3 | .1 | 2.6 | 3.1 | 5.2 | .3 | 1.0 | 2.8 | 18.3 | .0 |
| ALCOHOLIC BEVERAGE----- | 4.1 | 1.1 | .1 | .0 | .6 | .2 | * | .0 | * | .7 | 1.2 | .0 |
| SOME NUTRITIVE VALUE----- | 3.2 | .8 | .2 | .1 | 2.0 | 2.9 | 5.1 | .3 | 1.0 | 2.1 | 17.1 | .0 |
| NO NUTRITIVE VALUE----- | .8 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP

NORTH CENTRAL

URBAN

| FOOD GROUP * | MONEY VALUE | FOOD ENERGY | PROTEIN | FAT | CARBO- HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO- FLAVIN | NIACIN | ASCORBIC ACID |
|--|----------------|----------------|---------|-------|-------------------|---------|------|-----------------------|---------|-----------------|--------|------------------|
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) | (13) |
| | | CAL | G | G | G | MG | MG | IU | MG | MG | MG | MG |
| ALL FOOD GROUPS, AVERAGE AMOUNT----- | | 3,019 | 100.1 | 145.4 | 332.4 | 1,066 | 17.8 | 6,940 | 1.45 | 2.28 | 23.8 | 100 |
| PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME | | | | | | | | | | | | |
| MILK, CREAM, CHEESE----- | 12.7 | 14.0 | 22.1 | 15.7 | 9.7 | 64.1 | 1.7 | 13.7 | 11.7 | 40.8 | 2.7 | 5.7 |
| MILK----- | 7.3 | 8.7 | 15.0 | 8.9 | 6.5 | 48.0 | .3 | 7.5 | 9.3 | 32.2 | 2.0 | 4.5 |
| CREAM, ICE CREAM----- | 2.6 | 2.8 | 1.9 | 3.3 | 2.6 | 5.8 | .2 | 2.9 | 1.2 | 3.9 | .2 | .5 |
| CHEESE----- | 2.4 | 2.1 | 4.8 | 3.2 | .3 | 9.4 | .9 | 2.7 | .5 | 4.0 | .1 | .0 |
| SOUP, MIXTURES----- | .5 | .4 | .3 | .3 | .3 | .9 | .2 | .6 | .7 | .7 | .4 | .6 |
| MEAT, POULTRY, FISH----- | 33.6 | 22.5 | 41.4 | 38.1 | .3 | 2.8 | 31.9 | 12.0 | 23.2 | 22.0 | 36.8 | .4 |
| BEEF----- | 14.6 | 8.8 | 18.4 | 14.3 | * | 1.0 | 15.4 | .4 | 3.3 | 6.6 | 14.7 | .0 |
| BACON, SALT PORK----- | 2.2 | 3.8 | 1.4 | 8.2 | .1 | .2 | 1.1 | .0 | 1.9 | .8 | 1.1 | .0 |
| OTHER PORK----- | 6.5 | 4.1 | 6.6 | 7.3 | * | .4 | 5.6 | .0 | 11.8 | 3.1 | 5.4 | .0 |
| LIVER----- | .2 | .1 | .4 | .1 | * | * | 1.0 | 7.2 | .2 | 2.4 | .9 | .4 |
| LUNCHMEAT, FRANKFURTERS----- | 3.8 | 3.1 | 4.2 | 5.5 | .2 | .2 | 3.9 | 1.8 | 4.1 | 3.9 | 4.2 | .0 |
| OTHER MEAT----- | 1.1 | .4 | 1.1 | .6 | * | .1 | .7 | .0 | .4 | .6 | 1.2 | * |
| POULTRY----- | 3.4 | 1.6 | 6.6 | 1.4 | * | .4 | 3.5 | 2.4 | 1.0 | 4.2 | 6.6 | .0 |
| FISH, SHELLFISH----- | 1.9 | .7 | 2.7 | .7 | .1 | .5 | .7 | .2 | .5 | .5 | 2.8 | * |
| OTHER PROTEIN FOOD----- | 4.9 | 4.9 | 9.5 | 6.4 | 2.3 | 3.8 | 9.7 | 7.7 | 5.6 | 6.4 | 5.6 | .5 |
| EGGS----- | 2.6 | 2.2 | 5.2 | 3.2 | .1 | 2.0 | 5.2 | 6.9 | 2.5 | 5.0 | .2 | .0 |
| DRY LEGUMES----- | .5 | .9 | 1.7 | .2 | 1.4 | 1.0 | 2.9 | .2 | 1.7 | .5 | .7 | .2 |
| NUTS, PEANUT BUTTER----- | .8 | 1.4 | 1.7 | 2.5 | .4 | .4 | .9 | * | .9 | .4 | 3.9 | * |
| SOUP, MIXTURES----- | .5 | .3 | .5 | .3 | .2 | .1 | .4 | .5 | .3 | .3 | .3 | .1 |
| ALL VEGETABLES----- | 12.6 | 6.7 | 6.1 | 2.9 | 11.6 | 6.3 | 14.4 | 37.7 | 14.7 | 7.5 | 13.2 | 44.8 |
| POTATOES----- | 2.8 | 3.4 | 2.0 | 2.2 | 5.2 | .8 | 3.5 | * | 5.1 | 1.5 | 6.4 | 10.3 |
| DARK GREEN----- | .5 | .1 | .2 | * | .1 | .6 | .6 | 4.6 | .4 | .4 | .2 | 3.4 |
| DEEP YELLOW----- | .4 | .2 | .1 | * | .4 | .3 | .4 | 13.4 | .3 | .2 | .2 | .7 |
| TOMATOES----- | 2.9 | .9 | .9 | .2 | 1.6 | .9 | 2.8 | 10.5 | 3.2 | 1.4 | 2.7 | 14.6 |
| OTHER----- | 5.7 | 2.0 | 2.6 | .4 | 4.0 | 3.6 | 6.7 | 7.5 | 5.5 | 3.8 | 3.4 | 15.5 |
| SOUP, MIXTURES----- | .4 | .2 | .2 | .1 | .2 | .1 | .3 | 1.6 | .2 | .1 | .2 | .3 |
| ALL FRUIT----- | 7.6 | 3.9 | 1.4 | .3 | 9.0 | 2.4 | 5.5 | 15.5 | 6.7 | 3.0 | 3.6 | 41.9 |
| CITRUS----- | 1.7 | 1.0 | .5 | .1 | 2.3 | 1.0 | 1.0 | 1.6 | 3.5 | .6 | .9 | 28.2 |
| OTHER VITAMIN C-RICH----- | .7 | .2 | .1 | * | .4 | .2 | .4 | 5.7 | .4 | .2 | .4 | 5.4 |
| OTHER----- | 5.1 | 2.7 | .8 | .2 | 6.3 | 1.2 | 4.1 | 8.2 | 2.9 | 2.1 | 2.4 | 8.4 |
| MIXTURES----- | * | * | * | * | * | * | * | * | * | * | * | * |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP--CONTINUED

NORTH CENTRAL

URBAN

| FOOD GROUP * | MONEY VALUE | FOOD ENERGY | PROTEIN | FAT | CARBO- HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO- FLAVIN | NIACIN | ASCORBIC ACID |
|--|----------------|----------------|---------|------|-------------------|---------|------|-----------------------|---------|-----------------|--------|------------------|
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) | (13) |
| PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME | | | | | | | | | | | | |
| GRAIN, ENRICHED OR WHOLE GRAIN----- | 5.9 | 15.1 | 13.2 | 3.4 | 26.7 | 10.1 | 24.5 | .2 | 32.8 | 14.1 | 17.3 | .4 |
| FLOUR----- | .4 | 2.2 | 1.8 | .2 | 4.1 | 1.2 | 3.0 | * | 4.4 | 2.0 | 2.4 | .0 |
| CEREAL, PASTES----- | 2.1 | 4.2 | 3.4 | .5 | 8.0 | 2.1 | 8.8 | * | 13.0 | 4.0 | 6.1 | .4 |
| BREAD----- | 2.7 | 6.9 | 6.8 | 1.7 | 11.8 | 6.0 | 10.8 | * | 13.4 | 7.0 | 7.9 | .0 |
| OTHER BAKERY PRODUCTS----- | .6 | 1.8 | 1.1 | 1.1 | 2.8 | .8 | 1.9 | .1 | 2.0 | 1.0 | .9 | .1 |
| GRAIN, NOT ENRICHED OR WHOLE GRAIN-- | 6.2 | 9.8 | 5.2 | 6.5 | 14.6 | 5.0 | 5.1 | 1.4 | 4.1 | 3.2 | 2.9 | .4 |
| FLOUR----- | .4 | 1.0 | .4 | .5 | 1.6 | .9 | .4 | * | .2 | .2 | .1 | .0 |
| CEREAL, PASTES----- | .1 | .3 | .3 | .1 | .6 | * | .3 | * | .5 | .1 | .2 | .0 |
| BREAD----- | .4 | .6 | .6 | .1 | 1.1 | .5 | .6 | * | .8 | .3 | .4 | .0 |
| OTHER BAKERY PRODUCTS----- | 4.3 | 7.0 | 3.3 | 5.1 | 9.9 | 2.9 | 3.3 | .9 | 2.2 | 2.1 | 1.6 | .1 |
| SOUP, MIXTURES----- | 1.1 | .9 | .7 | .7 | 1.2 | .6 | .5 | .5 | .4 | .4 | .5 | .3 |
| FATS, OILS----- | 3.3 | 11.2 | .3 | 25.9 | .5 | .6 | .2 | 11.0 | .1 | .1 | * | * |
| BUTTER----- | 1.1 | 2.0 | .1 | 4.8 | * | .2 | .0 | 4.1 | .0 | .0 | .0 | .0 |
| MARGARINE----- | .7 | 3.3 | .1 | 7.8 | * | .3 | .0 | 6.7 | .0 | .0 | .0 | .0 |
| OIL, SALAD DRESSING----- | 1.0 | 3.5 | .1 | 7.9 | .4 | .2 | .2 | .3 | .1 | .1 | * | * |
| LARD----- | .1 | .5 | .0 | 1.2 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| VEGETABLE SHORTENING----- | .4 | 1.8 | * | 4.2 | .1 | .0 | .0 | * | .0 | .0 | .0 | .0 |
| SUGAR, SWEETS----- | 6.2 | 10.1 | .6 | .8 | 23.1 | 2.0 | 2.6 | .8 | .8 | .8 | .4 | 5.8 |
| SUGAR, SIRUP, JELLY, CANDY----- | 2.5 | 7.3 | .3 | .7 | 16.4 | 1.3 | 2.3 | .1 | .4 | .6 | .3 | .3 |
| OTHER SWEETS-- | | | | | | | | | | | | |
| ADDED VITAMIN C----- | .5 | .6 | * | * | 1.4 | .5 | .2 | .6 | .3 | .1 | .1 | 5.2 |
| NO ADDED VITAMIN C----- | 3.2 | 2.2 | .3 | * | 5.3 | .1 | .1 | * | * | .1 | * | .3 |
| OTHER FOOD----- | 6.9 | 1.6 | .2 | .1 | 2.3 | 3.0 | 4.5 | .1 | .2 | 2.2 | 17.5 | .0 |
| ALCOHOLIC BEVERAGE----- | 3.1 | .8 | .1 | .0 | .5 | .2 | * | .0 | * | .6 | 1.0 | .0 |
| SOME NUTRITIVE VALUE----- | 2.9 | .8 | .1 | .1 | 1.8 | 2.8 | 4.5 | .1 | .2 | 1.6 | 16.5 | .0 |
| NO NUTRITIVE VALUE----- | .9 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP

NORTH CENTRAL

URBAN

| FOOD GROUP * | MONEY VALUE | FOOD ENERGY | PROTEIN | FAT | CARBO- HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO- FLAVIN | NIACIN | ASCORBIC ACID |
|--|----------------|----------------|---------|-------|-------------------|---------|-------|-----------------------|---------|-----------------|--------|------------------|
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) | (13) |
| | | CAL | G | G | G | MG | MG | IU | MG | MG | MG | MG |
| ALL FOOD GROUPS, AVERAGE AMOUNT----- | 3,118 | 105.1 | 151.4 | 335.9 | 1,106 | 18.6 | 6,940 | 1.51 | 2.36 | 25.3 | 91 | |
| PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME | | | | | | | | | | | | |
| MILK, CREAM, CHEESE----- | 12.7 | 14.0 | 21.8 | 16.1 | 9.6 | 64.5 | 1.4 | 14.3 | 11.5 | 41.4 | 2.5 | 6.4 |
| MILK----- | 8.0 | 9.6 | 15.9 | 10.1 | 7.2 | 50.9 | .2 | 8.9 | 9.8 | 34.4 | 2.0 | 5.6 |
| CREAM, ICE CREAM----- | 2.1 | 2.2 | 1.4 | 2.8 | 1.9 | 4.3 | .2 | 2.5 | .9 | 2.9 | .2 | .5 |
| CHEESE----- | 2.2 | 2.0 | 4.3 | 3.0 | .2 | 8.7 | .8 | 2.6 | .4 | 3.6 | .1 | .0 |
| SOUP, MIXTURES----- | .3 | .2 | .2 | .2 | .2 | .5 | .2 | .3 | .3 | .4 | .2 | .3 |
| MEAT, POULTRY, FISH----- | 34.8 | 22.6 | 42.1 | 37.4 | .4 | 2.8 | 32.4 | 14.8 | 24.3 | 22.6 | 37.4 | .6 |
| BEEF----- | 14.8 | 9.0 | 18.6 | 14.5 | .0 | 1.0 | 15.6 | .5 | 3.4 | 6.7 | 14.7 | .0 |
| BACON, SALT PORK----- | 1.9 | 2.9 | 1.1 | 6.3 | * | .2 | .9 | .0 | 1.4 | .6 | .8 | .0 |
| OTHER PORK----- | 7.2 | 4.5 | 7.0 | 8.0 | * | .4 | 6.0 | .0 | 13.0 | 3.4 | 5.7 | .0 |
| LIVER----- | .3 | .1 | .5 | .1 | * | * | 1.0 | 9.8 | .2 | 3.0 | 1.0 | .5 |
| LUNCHMEAT, FRANKFURTERS----- | 3.6 | 2.8 | 3.8 | 4.9 | .2 | .2 | 3.6 | 1.9 | 3.8 | 3.6 | 3.8 | .0 |
| OTHER MEAT----- | 1.2 | .5 | 1.2 | .7 | * | .1 | .7 | * | .4 | .8 | 1.3 | * |
| POULTRY----- | 4.0 | 2.2 | 7.7 | 2.5 | * | .5 | 3.8 | 2.6 | 1.5 | 4.1 | 8.1 | * |
| FISH, SHELLFISH----- | 1.8 | .6 | 2.3 | .5 | .1 | .5 | .7 | .1 | .5 | .4 | 2.0 | * |
| OTHER PROTEIN FOOD----- | 5.5 | 5.4 | 9.6 | 7.2 | 2.3 | 3.8 | 9.7 | 8.1 | 6.1 | 6.6 | 5.8 | .6 |
| EGGS----- | 2.9 | 2.2 | 5.1 | 3.2 | .1 | 2.0 | 5.2 | 7.1 | 2.5 | 5.0 | .2 | .0 |
| DRY LEGUMES----- | .4 | .8 | 1.5 | .2 | 1.3 | .9 | 2.7 | .2 | 1.4 | .5 | .6 | .2 |
| NUTS, PEANUT BUTTER----- | 1.1 | 1.8 | 2.0 | 3.3 | .5 | .6 | 1.2 | * | 1.5 | .6 | 4.3 | * |
| SOUP, MIXTURES----- | .6 | .4 | .6 | .4 | .3 | .2 | .5 | .7 | .4 | .3 | .4 | .2 |
| ALL VEGETABLES----- | 10.4 | 6.0 | 5.3 | 2.2 | 11.0 | 5.5 | 12.7 | 41.4 | 12.2 | 6.1 | 11.2 | 42.5 |
| POTATOES----- | 2.1 | 3.2 | 2.0 | 1.6 | 5.3 | .8 | 3.4 | * | 5.1 | 1.5 | 6.2 | 12.2 |
| DARK GREEN----- | .5 | .1 | .2 | * | .1 | .7 | .7 | 5.4 | .4 | .5 | .2 | 4.0 |
| DEEP YELLOW----- | .6 | .4 | .2 | * | .9 | .5 | .7 | 21.3 | .7 | .4 | .4 | 2.0 |
| TOMATOES----- | 1.9 | .6 | .6 | .1 | 1.2 | .5 | 2.1 | 7.3 | 2.1 | .9 | 1.9 | 9.6 |
| OTHER----- | 4.9 | 1.6 | 2.0 | .3 | 3.2 | 2.9 | 5.5 | 5.6 | 3.8 | 2.6 | 2.3 | 14.4 |
| SOUP, MIXTURES----- | .4 | .2 | .2 | .1 | .2 | .1 | .3 | 1.9 | .2 | .1 | .3 | .3 |
| ALL FRUIT----- | 6.5 | 4.1 | 1.1 | .3 | 9.7 | 2.2 | 4.6 | 5.2 | 6.8 | 2.3 | 2.5 | 44.0 |
| CITRUS----- | 2.1 | 1.2 | .5 | .1 | 2.7 | 1.2 | 1.1 | 2.0 | 4.1 | .8 | 1.0 | 37.8 |
| OTHER VITAMIN C-RICH----- | .1 | * | * | * | .1 | * | * | .3 | * | * | * | .5 |
| OTHER----- | 4.3 | 2.9 | .6 | .2 | 6.9 | 1.0 | 3.4 | 2.8 | 2.7 | 1.5 | 1.5 | 5.7 |
| MIXTURES----- | * | * | * | * | * | * | * | * | * | * | * | * |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP--CONTINUED

NORTH CENTRAL

URBAN

| FOOD GROUP # | MONEY VALUE | FOOD ENERGY | PROTEIN | FAT | CARBO- HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO- FLAVIN | NIACIN | ASCORBIC ACID |
|--|----------------|----------------|---------|------|-------------------|---------|------|-----------------------|---------|-----------------|--------|------------------|
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) | (13) |
| PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME | | | | | | | | | | | | |
| GRAIN, ENRICHED OR WHOLE GRAIN----- | 6.1 | 15.3 | 13.6 | 3.1 | 27.8 | 10.4 | 25.5 | .2 | 33.5 | 14.2 | 17.0 | .6 |
| FLOUR----- | .6 | 3.0 | 2.5 | .2 | 5.8 | 1.5 | 4.1 | * | 6.0 | 2.8 | 3.2 | .0 |
| CEREAL, PASTES----- | 2.0 | 4.0 | 3.3 | .6 | 7.7 | 2.1 | 9.3 | .1 | 12.2 | 3.3 | 5.0 | .6 |
| BREAD----- | 2.9 | 7.2 | 6.9 | 1.7 | 12.5 | 6.2 | 11.0 | .0 | 13.8 | 7.2 | 8.0 | .0 |
| OTHER BAKERY PRODUCTS----- | .7 | 1.1 | .8 | .6 | 1.8 | .7 | 1.1 | .1 | 1.6 | .9 | .8 | .1 |
| GRAIN, NOT ENRICHED OR WHOLE GRAIN-- | 6.3 | 9.2 | 5.1 | 6.1 | 14.0 | 4.4 | 5.1 | 2.0 | 4.1 | 3.1 | 2.8 | .5 |
| FLOUR----- | .4 | .9 | .4 | .5 | 1.6 | .7 | .4 | * | .2 | .2 | .1 | * |
| CEREAL, PASTES----- | .1 | .3 | .3 | .1 | .6 | * | .3 | * | .5 | .1 | .2 | .0 |
| BREAD----- | .4 | .7 | .8 | .1 | 1.4 | .6 | .8 | * | 1.0 | .4 | .5 | .0 |
| OTHER BAKERY PRODUCTS----- | 4.1 | 6.3 | 2.9 | 4.7 | 9.2 | 2.4 | 3.0 | .8 | 1.9 | 1.9 | 1.4 | .2 |
| SOUP, MIXTURES----- | 1.2 | 1.0 | .8 | .8 | 1.2 | .6 | .6 | 1.2 | .5 | .5 | .5 | .3 |
| FATS, OILS----- | 3.6 | 11.5 | .3 | 26.3 | .4 | .6 | .1 | 13.1 | .1 | .1 | * | * |
| BUTTER----- | 1.5 | 2.7 | .1 | 6.2 | * | .2 | .0 | 5.5 | .0 | .0 | .0 | .0 |
| MARGARINE----- | .8 | 3.5 | .1 | 8.2 | * | .3 | .0 | 7.3 | .0 | .0 | .0 | .0 |
| OIL, SALAD DRESSING----- | .9 | 2.8 | .1 | 6.3 | .3 | .1 | .1 | .2 | .1 | .1 | * | * |
| LARD----- | .1 | .7 | * | 1.7 | * | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| VEGETABLE SHORTENING----- | .4 | 1.7 | * | 3.9 | .1 | .0 | .0 | * | .0 | .0 | .0 | .0 |
| SUGAR, SWEETS----- | 5.9 | 9.9 | .9 | 1.4 | 22.2 | 2.3 | 3.1 | .8 | 1.1 | 1.1 | .8 | 4.8 |
| SUGAR, SIRUP, JELLY, CANDY----- | 3.1 | 7.7 | .7 | 1.4 | 17.0 | 1.9 | 2.8 | .1 | .9 | 1.0 | .7 | .3 |
| OTHER SWEETS-- | | | | | | | | | | | | |
| ADDED VITAMIN C----- | .3 | .3 | * | * | .7 | .3 | .1 | .7 | .1 | * | * | 4.3 |
| NO ADDED VITAMIN C----- | 2.4 | 1.9 | .2 | * | 4.4 | .1 | .1 | * | * | .1 | * | .2 |
| OTHER FOOD----- | 8.1 | 2.0 | .3 | .1 | 2.8 | 3.5 | 5.5 | .2 | .3 | 2.6 | 19.9 | .0 |
| ALCOHOLIC BEVERAGE----- | 4.2 | 1.1 | .1 | .0 | .6 | .2 | * | .0 | * | .6 | 1.1 | .0 |
| SOME NUTRITIVE VALUE----- | 3.2 | .9 | .1 | .1 | 2.3 | 3.2 | 5.4 | .2 | .3 | 1.9 | 18.8 | .0 |
| NO NUTRITIVE VALUE----- | .8 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |

TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP

NORTH CENTRAL

URBAN

| FOOD GROUP * | MONEY VALUE | FOOD ENERGY | PROTEIN | FAT | CARBO- HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO- FLAVIN | NIACIN | ASCORBIC ACID |
|--|----------------|----------------|---------|-------|-------------------|---------|------|-----------------------|---------|-----------------|--------|------------------|
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) | (13) |
| | | CAL | G | G | G | MG | MG | IU | MG | MG | MG | MG |
| * ALL FOOD GROUPS, AVERAGE AMOUNT----- | | 3,025 | 102.0 | 144.3 | 333.2 | 1,099 | 18.4 | 6,910 | 1.49 | 2.32 | 24.1 | 104 |
| PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME | | | | | | | | | | | | |
| MILK, CREAM, CHEESE----- | 13.0 | 14.1 | 22.6 | 16.3 | 9.3 | 64.8 | 1.6 | 14.0 | 11.6 | 41.6 | 2.6 | 5.5 |
| MILK----- | 8.0 | 9.4 | 15.9 | 9.9 | 6.9 | 49.9 | .3 | 8.3 | 9.8 | 34.0 | 2.1 | 4.7 |
| CREAM, ICE CREAM----- | 2.0 | 2.1 | 1.3 | 2.6 | 1.8 | 4.1 | .2 | 2.3 | .8 | 2.8 | .1 | .4 |
| CHEESE----- | 2.6 | 2.3 | 5.1 | 3.5 | .3 | 10.0 | .9 | 3.0 | .5 | 4.2 | .1 | .0 |
| SOUP, MIXTURES----- | .4 | .3 | .3 | .3 | .3 | .8 | .3 | .4 | .5 | .6 | .3 | .3 |
| MEAT, POULTRY, FISH----- | 34.4 | 21.9 | 40.6 | 36.9 | .3 | 2.5 | 31.0 | 14.9 | 21.9 | 22.0 | 36.1 | .5 |
| BEEF----- | 15.6 | 9.8 | 19.6 | 16.2 | .0 | 1.1 | 16.2 | .5 | 3.6 | 7.0 | 15.7 | .0 |
| BACON, SALT PORK----- | 1.9 | 2.7 | 1.0 | 6.0 | * | .1 | .8 | .0 | 1.3 | .6 | .8 | .0 |
| OTHER PORK----- | 6.8 | 4.1 | 6.2 | 7.4 | * | .3 | 5.2 | .0 | 11.3 | 3.0 | 5.2 | .0 |
| LIVER----- | .3 | .1 | .5 | .1 | * | * | 1.0 | 10.2 | .2 | 3.0 | 1.1 | .5 |
| LUNCHEAT, FRANKFURTERS----- | 3.5 | 2.7 | 3.7 | 4.8 | .1 | .2 | 3.5 | 2.0 | 3.6 | 3.6 | 3.8 | .0 |
| OTHER MEAT----- | 1.2 | .4 | 1.3 | .6 | * | .1 | .8 | * | .5 | .9 | 1.4 | * |
| POULTRY----- | 3.4 | 1.5 | 5.9 | 1.4 | * | .3 | 3.0 | 2.0 | .9 | 3.6 | 5.9 | .0 |
| FISH, SHELLFISH----- | 1.8 | .6 | 2.4 | .6 | .1 | .3 | .6 | .1 | .5 | .4 | 2.2 | * |
| OTHER PROTEIN FOOD----- | 5.1 | 5.0 | 9.2 | 6.7 | 2.1 | 3.6 | 9.2 | 7.7 | 5.6 | 6.4 | 5.3 | .3 |
| EGGS----- | 3.0 | 2.2 | 5.2 | 3.2 | .1 | 2.0 | 5.1 | 7.0 | 2.5 | 5.0 | .2 | .0 |
| DRY LEGUMES----- | .4 | .8 | 1.5 | .2 | 1.3 | .9 | 2.6 | .1 | 1.4 | .5 | .6 | .1 |
| NUTS, PEANUT BUTTER----- | .9 | 1.5 | 1.7 | 2.8 | .4 | .5 | 1.0 | * | 1.2 | .5 | 3.8 | * |
| SOUP, MIXTURES----- | .5 | .3 | .6 | .3 | .2 | .1 | .4 | .5 | .3 | .3 | .4 | .1 |
| ALL VEGETABLES----- | 11.1 | 6.6 | 5.7 | 2.6 | 11.5 | 5.8 | 13.5 | 42.1 | 12.7 | 6.3 | 12.5 | 37.1 |
| POTATOES----- | 2.3 | 3.6 | 2.2 | 2.0 | 5.7 | .9 | 3.7 | * | 5.5 | 1.6 | 6.9 | 11.2 |
| DARK GREEN----- | .6 | .1 | .2 | * | .1 | .7 | .8 | 6.4 | .4 | .5 | .2 | 3.5 |
| DEEP YELLOW----- | .6 | .3 | .2 | * | .6 | .5 | .6 | 19.8 | .5 | .3 | .3 | 1.2 |
| TOMATOES----- | 1.8 | .7 | .6 | .2 | 1.4 | .5 | 2.2 | 7.4 | 2.1 | .9 | 2.0 | 7.9 |
| OTHER----- | 5.5 | 1.7 | 2.1 | .3 | 3.4 | 3.1 | 5.8 | 6.3 | 4.0 | 2.9 | 2.6 | 13.1 |
| SOUP, MIXTURES----- | .4 | .2 | .3 | .1 | .3 | .1 | .3 | 2.2 | .2 | .1 | .3 | .3 |
| ALL FRUIT----- | 7.4 | 4.7 | 1.4 | .3 | 10.9 | 3.1 | 5.5 | 5.8 | 8.4 | 2.8 | 3.1 | 51.9 |
| CITRUS----- | 3.0 | 1.7 | .8 | .1 | 3.9 | 2.1 | 1.8 | 2.8 | 5.9 | 1.2 | 1.5 | 46.6 |
| OTHER VITAMIN C-RICH----- | .1 | * | * | * | .1 | * | .1 | * | * | * | * | .5 |
| OTHER----- | 4.2 | 3.0 | .6 | .2 | 6.9 | .9 | 3.6 | 2.9 | 2.5 | 1.5 | 1.6 | 4.8 |
| MIXTURES----- | * | * | * | * | * | * | * | * | * | * | * | * |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP--CONTINUED

NORTH CENTRAL

URBAN

| FOOD GROUP * | MONEY VALUE | FOOD ENERGY | PROTEIN | FAT | CARBO- HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO- FLAVIN | NIACIN | ASCORBIC ACID |
|--|----------------|----------------|---------|------|-------------------|---------|------|-----------------------|---------|-----------------|--------|------------------|
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) | (13) |
| PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME | | | | | | | | | | | | |
| GRAIN, ENRICHED OR WHOLE GRAIN----- | 6.2 | 15.6 | 13.7 | 3.1 | 27.9 | 10.1 | 25.6 | .1 | 33.7 | 14.1 | 17.6 | .5 |
| FLOUR----- | .6 | 3.2 | 2.6 | .3 | 6.0 | 1.5 | 4.2 | * | 6.2 | 2.9 | 3.4 | .0 |
| CEREAL, PASTES----- | 2.2 | 4.6 | 3.8 | .6 | 8.8 | 2.3 | 10.2 | .1 | 13.2 | 3.7 | 5.8 | .5 |
| BREAD----- | 2.8 | 6.9 | 6.7 | 1.7 | 11.7 | 5.9 | 10.4 | * | 13.0 | 6.8 | 7.8 | .0 |
| OTHER BAKERY PRODUCTS----- | .6 | .9 | .7 | .5 | 1.5 | .5 | .9 | * | 1.3 | .7 | .7 | * |
| GRAIN, NOT ENRICHED OR WHOLE GRAIN-- | 6.6 | 9.6 | 5.4 | 6.3 | 14.2 | 4.6 | 5.0 | 1.6 | 4.2 | 3.1 | 3.1 | .4 |
| FLOUR----- | .5 | 1.1 | .4 | .6 | 1.9 | .9 | .4 | * | .2 | .3 | .1 | .0 |
| CEREAL, PASTES----- | .2 | .5 | .4 | .1 | 1.0 | .1 | .4 | * | .6 | .1 | .3 | .0 |
| BREAD----- | .4 | .7 | .7 | .1 | 1.3 | .6 | .7 | * | .9 | .3 | .5 | .0 |
| OTHER BAKERY PRODUCTS----- | 4.1 | 6.3 | 3.0 | 4.8 | 8.8 | 2.4 | 2.8 | .8 | 1.9 | 1.8 | 1.5 | * |
| SOUP, MIXTURES----- | 1.4 | 1.0 | .9 | .7 | 1.3 | .7 | .7 | .7 | .6 | .6 | .7 | .3 |
| FATS, OILS----- | 3.6 | 11.5 | .3 | 26.7 | .4 | .6 | .1 | 12.2 | .1 | .1 | * | * |
| BUTTER----- | 1.3 | 2.4 | .1 | 5.6 | * | .2 | .0 | 4.8 | .0 | .0 | .0 | .0 |
| MARGARINE----- | .8 | 3.6 | .1 | 8.5 | * | .3 | .0 | 7.2 | .0 | .0 | .0 | .0 |
| OIL, SALAD DRESSING----- | .9 | 3.0 | .1 | 6.8 | .3 | .1 | .1 | .2 | .1 | .1 | * | * |
| LARD----- | .1 | .4 | * | .9 | * | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| VEGETABLE SHORTENING----- | .5 | 2.1 | * | 5.0 | .1 | .0 | .0 | * | .0 | .0 | .0 | .0 |
| SUGAR, SHEETS----- | 5.5 | 9.2 | .9 | 1.0 | 20.6 | 1.8 | 2.9 | 1.3 | 1.1 | .8 | .6 | 3.7 |
| SUGAR, SIRUP, JELLY, CANDY----- | 2.7 | 7.0 | .4 | .9 | 15.4 | 1.4 | 2.6 | .1 | .7 | .7 | .5 | .3 |
| OTHER SWEETS-- | | | | | | | | | | | | |
| ADDED VITAMIN C----- | .3 | .3 | * | * | .6 | .3 | .1 | 1.2 | .3 | * | .1 | 3.3 |
| NO ADDED VITAMIN C----- | 2.5 | 2.0 | .4 | .1 | 4.5 | .1 | .2 | * | * | .1 | .1 | .2 |
| OTHER FOOD----- | 7.2 | 1.9 | .3 | .2 | 2.9 | 3.2 | 5.5 | .3 | .7 | 2.7 | 18.9 | .0 |
| ALCOHOLIC BEVERAGE----- | 3.3 | .9 | .1 | .0 | .5 | .2 | * | .0 | * | .6 | 1.0 | .0 |
| SOME NUTRITIVE VALUE----- | 3.3 | 1.0 | .2 | .2 | 2.4 | 2.9 | 5.5 | .3 | .7 | 2.1 | 17.9 | .0 |
| NO NUTRITIVE VALUE----- | .6 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP

NORTH CENTRAL

RURAL NONFARM

| FOOD GROUP * | MONEY VALUE | FOOD ENERGY | PROTEIN | FAT | CARBO- HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO- FLAVIN | NIACIN | ASCORBIC ACID |
|--|----------------|----------------|---------|-------|-------------------|---------|------|-----------------------|---------|-----------------|--------|------------------|
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) | (13) |
| | | CAL | G | G | G | MG | MG | IU | MG | MG | MG | MG |
| ALL FOOD GROUPS, AVERAGE AMOUNT----- | | 3,266 | 106.9 | 153.5 | 370.8 | 1,158 | 19.5 | 7,080 | 1.58 | 2.44 | 25.5 | 103 |
| PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME | | | | | | | | | | | | |
| MILK, CREAM, CHEESE----- | 13.5 | 13.8 | 22.3 | 16.2 | 9.0 | 64.2 | 1.3 | 14.3 | 11.4 | 41.5 | 2.5 | 5.8 |
| MILK----- | 8.7 | 9.4 | 16.2 | 10.2 | 6.7 | 50.5 | .2 | 8.9 | 9.8 | 34.4 | 2.1 | 5.1 |
| CREAM, ICE CREAM----- | 2.2 | 2.2 | 1.5 | 2.8 | 1.9 | 4.5 | .2 | 2.5 | .9 | 3.1 | .2 | .4 |
| CHEESE----- | 2.3 | 1.9 | 4.4 | 2.9 | .2 | 8.7 | .8 | 2.6 | .4 | 3.6 | .1 | .0 |
| SOUP, MIXTURES----- | .3 | .2 | .2 | .2 | .2 | .5 | .1 | .3 | .3 | .4 | .2 | .3 |
| MEAT, POULTRY, FISH----- | 32.5 | 20.9 | 39.7 | 35.8 | .3 | 2.8 | 30.2 | 14.3 | 22.1 | 21.4 | 35.5 | .6 |
| BEEF----- | 14.1 | 8.4 | 18.2 | 13.9 | * | 1.0 | 14.9 | .4 | 3.3 | 6.4 | 14.5 | .0 |
| BACON, SALT PORK----- | 2.0 | 3.0 | 1.1 | 6.6 | * | .2 | .9 | .0 | 1.5 | .6 | .9 | .0 |
| OTHER PORK----- | 6.4 | 4.0 | 6.5 | 7.4 | * | .3 | 5.3 | .0 | 11.5 | 3.1 | 5.3 | .0 |
| LIVER----- | .3 | .1 | .6 | .1 | * | * | 1.4 | 10.5 | .3 | 3.4 | 1.3 | .5 |
| LUNCHMEAT, FRANKFURTERS----- | 3.7 | 2.8 | 4.1 | 5.1 | .2 | .2 | 3.4 | 1.0 | 3.8 | 3.3 | 3.7 | .0 |
| OTHER MEAT----- | .8 | .2 | .9 | .2 | * | * | .5 | * | .3 | .6 | 1.1 | * |
| POULTRY----- | 3.5 | 1.6 | 6.1 | 1.8 | * | .4 | 3.1 | 2.2 | 1.0 | 3.4 | 6.4 | * |
| FISH, SHELLFISH----- | 1.7 | .6 | 2.3 | .6 | .1 | .6 | .7 | .1 | .4 | .5 | 2.3 | * |
| OTHER PROTEIN FOOD----- | 5.2 | 5.4 | 10.1 | 7.3 | 2.4 | 3.9 | 10.2 | 8.5 | 6.1 | 6.7 | 6.2 | .4 |
| EGGS----- | 2.7 | 2.2 | 5.4 | 3.3 | .1 | 2.1 | 5.3 | 7.4 | 2.6 | 5.2 | .2 | .0 |
| DRY LEGUMES----- | .6 | 1.0 | 1.8 | .3 | 1.5 | 1.1 | 3.1 | .2 | 1.7 | .6 | .7 | .2 |
| NUTS, PEANUT BUTTER----- | 1.1 | 1.7 | 2.0 | 3.2 | .5 | .5 | 1.1 | * | 1.3 | .5 | 4.6 | * |
| SOUP, MIXTURES----- | .6 | .4 | .7 | .4 | .3 | .2 | .5 | .7 | .4 | .3 | .4 | .1 |
| ALL VEGETABLES----- | 12.6 | 6.7 | 6.0 | 2.4 | 11.7 | 5.5 | 13.3 | 37.9 | 13.6 | 6.6 | 13.2 | 41.0 |
| POTATOES----- | 2.8 | 3.7 | 2.5 | 1.8 | 6.0 | .9 | 4.1 | * | 6.1 | 1.9 | 7.6 | 13.5 |
| DARK GREEN----- | .3 | * | .1 | * | .1 | .3 | .4 | 2.8 | .2 | .2 | .1 | 2.0 |
| DEEP YELLOW----- | .6 | .3 | .2 | * | .6 | .4 | .6 | 19.0 | .5 | .3 | .3 | 1.2 |
| TOMATOES----- | 2.1 | .6 | .6 | .1 | 1.2 | .6 | 1.9 | 7.4 | 2.1 | .9 | 1.9 | 9.3 |
| OTHER----- | 6.3 | 1.9 | 2.4 | .3 | 3.6 | 3.2 | 6.1 | 6.8 | 4.6 | 3.1 | 3.0 | 14.7 |
| SOUP, MIXTURES----- | .4 | .2 | .2 | .1 | .2 | .1 | .3 | 1.8 | .1 | .1 | .2 | .3 |
| ALL FRUIT----- | 7.8 | 4.3 | 1.3 | .3 | 9.6 | 2.7 | 5.4 | 9.5 | 6.9 | 2.8 | 3.2 | 45.9 |
| CITRUS----- | 2.2 | 1.2 | .6 | .1 | 2.5 | 1.3 | 1.2 | 2.0 | 4.1 | .8 | 1.0 | 34.4 |
| OTHER VITAMIN C-RICH----- | .7 | .2 | .1 | * | .4 | .2 | .4 | 2.6 | .2 | .2 | .3 | 5.1 |
| OTHER----- | 4.9 | 3.0 | .7 | .2 | 6.7 | 1.2 | 3.9 | 4.9 | 2.6 | 1.8 | 1.9 | 6.4 |
| MIXTURES----- | * | * | * | * | * | * | * | * | * | * | * | * |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP--CONTINUED

NORTH CENTRAL

RURAL NONFARM

| FOOD GROUP * | MONEY VALUE | FOOD ENERGY | PROTEIN | FAT | CARBO- HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO- FLAVIN | NIACIN | ASCORBIC ACID |
|--|----------------|----------------|---------|------|-------------------|---------|------|-----------------------|---------|-----------------|--------|------------------|
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) | (13) |
| PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME | | | | | | | | | | | | |
| GRAIN, ENRICHED OR WHOLE GRAIN----- | 6.6 | 16.2 | 14.7 | 3.2 | 28.2 | 10.7 | 27.0 | .2 | 35.3 | 15.0 | 18.7 | .5 |
| FLOUR----- | .8 | 4.3 | 3.7 | .4 | 7.8 | 2.0 | 5.7 | * | 8.5 | 3.9 | 4.6 | .0 |
| CEREAL, PASTES----- | 2.3 | 4.2 | 3.6 | .6 | 7.8 | 2.2 | 9.9 | .1 | 12.4 | 3.4 | 5.6 | .4 |
| BREAD----- | 2.9 | 6.7 | 6.6 | 1.7 | 11.0 | 5.9 | 10.3 | * | 12.8 | 6.8 | 7.7 | .0 |
| OTHER BAKERY PRODUCTS----- | .7 | 1.1 | .8 | .6 | 1.6 | .6 | 1.1 | .1 | 1.6 | .9 | .8 | .1 |
| GRAIN, NOT ENRICHED OR WHOLE GRAIN-- | 5.6 | 8.2 | 4.5 | 5.5 | 11.8 | 4.1 | 4.1 | 1.2 | 3.3 | 2.6 | 2.4 | .4 |
| FLOUR----- | .6 | 1.2 | .4 | .7 | 2.0 | .9 | .4 | * | .2 | .3 | .2 | * |
| CEREAL, PASTES----- | .2 | .4 | .4 | .1 | .8 | * | .4 | * | .7 | .1 | .3 | .0 |
| BREAD----- | .3 | .5 | .5 | .1 | .8 | .4 | .5 | * | .6 | .2 | .3 | .0 |
| OTHER BAKERY PRODUCTS----- | 3.2 | 5.2 | 2.5 | 3.9 | 7.1 | 2.0 | 2.2 | .6 | 1.3 | 1.4 | 1.2 | * |
| SOUP, MIXTURES----- | 1.3 | .9 | .8 | .7 | 1.1 | .7 | .6 | .6 | .5 | .5 | .5 | .3 |
| FATS, OILS----- | 3.6 | 11.9 | .3 | 28.1 | .4 | .6 | .2 | 12.9 | .1 | .1 | * | * |
| BUTTER----- | 1.1 | 1.9 | * | 4.6 | * | .2 | .0 | 4.1 | .0 | .0 | .0 | .0 |
| MARGARINE----- | 1.0 | 4.0 | .1 | 9.6 | * | .3 | .0 | 8.5 | .0 | .0 | .0 | .0 |
| OIL, SALAD DRESSING----- | .8 | 2.5 | .1 | 5.8 | .3 | .1 | .2 | .3 | .1 | .1 | * | * |
| LARD----- | .2 | 1.2 | * | 2.8 | * | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| VEGETABLE SHORTENING----- | .5 | 2.2 | * | 5.3 | .1 | .0 | .0 | * | .0 | .0 | .0 | .0 |
| SUGAR, SWEETS----- | 6.0 | 11.2 | .8 | 1.1 | 24.3 | 2.4 | 3.5 | 1.0 | .9 | .9 | .6 | 5.4 |
| SUGAR, SIRUP, JELLY, CANDY----- | 3.2 | 9.2 | .5 | 1.1 | 20.0 | 1.8 | 3.2 | .1 | .7 | .8 | .5 | .3 |
| OTHER SWEETS-- | | | | | | | | | | | | |
| ADDED VITAMIN C----- | .4 | .4 | * | * | .8 | .5 | .1 | .9 | .2 | * | * | 4.9 |
| NO ADDED VITAMIN C----- | 2.4 | 1.6 | .3 | * | 3.6 | .1 | .1 | * | * | .1 | * | .2 |
| OTHER FOOD----- | 6.6 | 1.4 | .3 | .1 | 2.2 | 3.1 | 4.8 | .1 | .4 | 2.3 | 17.7 | .0 |
| ALCOHOLIC BEVERAGE----- | 2.3 | .6 | .1 | .0 | .3 | .1 | * | .0 | * | .4 | .8 | .0 |
| SOME NUTRITIVE VALUE----- | 3.5 | .8 | .2 | .1 | 1.9 | 3.0 | 4.8 | .1 | .4 | 1.9 | 16.9 | .0 |
| NO NUTRITIVE VALUE----- | .8 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP

NORTH CENTRAL

RURAL NONFARM

| FOOD GROUP * | MONEY VALUE | FOOD ENERGY | PROTEIN | FAT | CARBO- HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO- FLAVIN | NIACIN | ASCORBIC ACID |
|--|----------------|----------------|---------|-------|-------------------|---------|-------|-----------------------|---------|-----------------|--------|------------------|
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) | (13) |
| | | CAL | G | G | G | MG | MG | IU | MG | MG | MG | MG |
| ALL FOOD GROUPS, AVERAGE AMOUNT----- | 3,329 | 109.3 | 158.1 | 373.9 | 1,162 | 19.9 | 6,970 | 1.61 | 2.47 | 26.0 | 103 | |
| PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME | | | | | | | | | | | | |
| MILK, CREAM, CHEESE----- | 13.2 | 13.6 | 21.8 | 15.7 | 9.0 | 63.3 | 1.4 | 14.5 | 11.0 | 40.4 | 2.4 | 5.7 |
| MILK----- | 8.0 | 8.8 | 15.1 | 9.2 | 6.4 | 48.1 | .3 | 8.5 | 9.2 | 32.6 | 2.0 | 4.8 |
| CREAM, ICE CREAM----- | 2.3 | 2.4 | 1.6 | 2.9 | 2.1 | 5.0 | .2 | 2.7 | 1.0 | 3.4 | .2 | .5 |
| CHEESE----- | 2.5 | 2.1 | 4.8 | 3.2 | .2 | 9.7 | .9 | 3.0 | .5 | 4.0 | .1 | .0 |
| SOUP, MIXTURES----- | .4 | .3 | .2 | .3 | .2 | .5 | .1 | .3 | .3 | .4 | .2 | .3 |
| MEAT, POULTRY, FISH----- | 31.4 | 21.6 | 39.9 | 36.9 | .3 | 2.8 | 30.4 | 15.2 | 23.4 | 21.9 | 35.0 | .6 |
| BEEF----- | 13.4 | 8.6 | 18.1 | 14.1 | * | 1.0 | 14.8 | .5 | 3.3 | 6.5 | 14.5 | .0 |
| BACON, SALT PORK----- | 1.9 | 3.5 | 1.3 | 7.7 | * | .2 | 1.0 | .0 | 1.7 | .7 | 1.0 | .0 |
| OTHER PORK----- | 6.5 | 4.3 | 7.1 | 7.6 | * | .4 | 5.8 | .0 | 12.7 | 3.4 | 5.8 | .0 |
| LIVER----- | .3 | .1 | .6 | * | * | * | 1.5 | 11.5 | .3 | 3.7 | 1.4 | .6 |
| LUNCHMEAT, FRANKFURTERS----- | 3.6 | 2.9 | 4.1 | 5.2 | .2 | .2 | 3.4 | 1.0 | 3.7 | 3.3 | 3.8 | .0 |
| OTHER MEAT----- | .4 | .1 | .5 | .2 | * | * | .4 | * | .2 | .5 | .6 | * |
| POULTRY----- | 3.1 | 1.4 | 5.4 | 1.4 | * | .3 | 2.8 | 2.2 | .9 | 3.3 | 5.6 | * |
| FISH, SHELLFISH----- | 2.1 | .7 | 2.8 | .7 | * | .7 | .7 | * | .6 | .5 | 2.4 | * |
| OTHER PROTEIN FOOD----- | 5.3 | 5.7 | 10.7 | 7.5 | 2.6 | 4.3 | 10.7 | 9.0 | 6.4 | 7.1 | 6.8 | .4 |
| EGGS----- | 2.7 | 2.3 | 5.7 | 3.5 | .1 | 2.2 | 5.5 | 8.1 | 2.7 | 5.5 | .2 | .0 |
| DRY LEGUMES----- | .7 | 1.1 | 2.0 | .3 | 1.7 | 1.3 | 3.5 | .3 | 1.9 | .6 | .8 | .2 |
| NUTS, PEANUT BUTTER----- | 1.1 | 1.8 | 2.3 | 3.4 | .5 | .6 | 1.1 | * | 1.2 | .6 | 5.3 | * |
| SOUP, MIXTURES----- | .7 | .3 | .6 | .3 | .2 | .2 | .5 | .6 | .5 | .3 | .4 | .1 |
| ALL VEGETABLES----- | 13.2 | 6.4 | 5.5 | 2.5 | 11.1 | 5.4 | 12.8 | 38.1 | 12.5 | 6.2 | 12.4 | 38.3 |
| POTATOES----- | 3.4 | 3.7 | 2.4 | 1.9 | 5.8 | .9 | 3.9 | * | 5.8 | 1.8 | 7.3 | 13.1 |
| DARK GREEN----- | .3 | * | .1 | * | * | .4 | .5 | 4.6 | .2 | .3 | .1 | 1.8 |
| DEEP YELLOW----- | .5 | .2 | .1 | * | .5 | .4 | .5 | 17.8 | .4 | .2 | .3 | .9 |
| TOMATOES----- | 1.9 | .6 | .6 | .1 | 1.1 | .5 | 1.9 | 7.2 | 1.9 | .8 | 1.8 | 8.5 |
| OTHER----- | 6.8 | 1.7 | 2.1 | .3 | 3.4 | 3.1 | 5.8 | 7.1 | 4.1 | 2.9 | 2.7 | 13.9 |
| SOUP, MIXTURES----- | .4 | .1 | .2 | * | .2 | * | .2 | 1.4 | .1 | .1 | .2 | .3 |
| ALL FRUIT----- | 8.1 | 4.1 | 1.2 | .3 | 9.2 | 2.9 | 5.4 | 7.1 | 6.4 | 2.8 | 3.0 | 48.8 |
| CITRUS----- | 2.3 | 1.1 | .5 | * | 2.4 | 1.3 | 1.2 | 2.0 | 3.9 | .8 | 1.0 | 33.5 |
| OTHER VITAMIN C-RICH----- | 1.1 | .2 | .1 | * | .5 | .3 | .8 | 1.3 | .3 | .5 | .4 | 9.2 |
| OTHER----- | 4.7 | 2.7 | .6 | .2 | 6.2 | 1.3 | 3.5 | 3.9 | 2.2 | 1.6 | 1.6 | 6.1 |
| MIXTURES----- | * | * | * | * | * | * | * | * | * | * | * | * |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP--CONTINUED

NORTH CENTRAL

RURAL NONFARM

| FOOD GROUP * | MONEY VALUE | FOOD ENERGY | PROTEIN | FAT | CARBO- HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO- FLAVIN | NIACIN | ASCORBIC ACID |
|--|----------------|----------------|---------|------|-------------------|---------|------|-----------------------|---------|-----------------|--------|------------------|
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) | (13) |
| PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME | | | | | | | | | | | | |
| GRAIN, ENRICHED OR WHOLE GRAIN----- | 6.8 | 16.4 | 14.9 | 3.2 | 28.8 | 11.0 | 26.9 | .3 | 35.6 | 15.5 | 19.2 | .5 |
| FLOUR----- | .7 | 4.1 | 3.5 | .3 | 7.5 | 1.7 | 5.4 | * | 8.1 | 3.7 | 4.4 | .0 |
| CEREAL, PASTES----- | 2.3 | 4.2 | 3.5 | .6 | 7.8 | 2.2 | 9.4 | * | 12.2 | 3.4 | 5.7 | .3 |
| BREAD----- | 3.1 | 7.0 | 7.0 | 1.8 | 11.8 | 6.3 | 10.8 | * | 13.5 | 7.2 | 8.1 | .0 |
| OTHER BAKERY PRODUCTS----- | .7 | 1.2 | .9 | .6 | 1.8 | .8 | 1.2 | .2 | 1.7 | 1.1 | .9 | .2 |
| GRAIN, NOT ENRICHED OR WHOLE GRAIN-- | 5.4 | 8.3 | 4.5 | 5.2 | 12.3 | 4.2 | 3.9 | 1.2 | 3.2 | 2.6 | 2.3 | .4 |
| FLOUR----- | .6 | 1.3 | .5 | .7 | 2.2 | 1.1 | .4 | * | .2 | .3 | .2 | * |
| CEREAL, PASTES----- | .2 | .6 | .5 | .1 | 1.0 | * | .5 | * | .8 | .2 | .3 | .0 |
| BREAD----- | .3 | .4 | .4 | * | .8 | .3 | .4 | * | .4 | .2 | .2 | .0 |
| OTHER BAKERY PRODUCTS----- | 3.2 | 5.1 | 2.5 | 3.7 | 7.2 | 2.1 | 2.1 | .5 | 1.3 | 1.5 | 1.1 | * |
| SOUP, MIXTURES----- | 1.1 | .9 | .7 | .7 | 1.1 | .5 | .6 | .6 | .4 | .4 | .5 | .3 |
| FATS, OILS----- | 3.7 | 11.7 | .3 | 27.4 | .4 | .6 | .2 | 13.5 | * | .1 | * | * |
| BUTTER----- | 1.2 | 2.0 | * | 4.9 | * | .2 | .0 | 4.5 | .0 | .0 | .0 | .0 |
| MARGARINE----- | 1.0 | 4.0 | .1 | 9.5 | * | .3 | .0 | 8.7 | .0 | .0 | .0 | .0 |
| OIL, SALAD DRESSING----- | .9 | 2.6 | * | 5.8 | .3 | .1 | .2 | .3 | * | .1 | * | * |
| LARD----- | .1 | 1.0 | * | 2.2 | * | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| VEGETABLE SHORTENING----- | .5 | 2.1 | * | 5.0 | * | .0 | .0 | * | .0 | .0 | .0 | .0 |
| SUGAR, SWEETS----- | 6.3 | 10.9 | .8 | 1.0 | 24.0 | 2.2 | 3.2 | .9 | .9 | .9 | .6 | 5.3 |
| SUGAR, SIRUP, JELLY, CANDY----- | 3.4 | 8.9 | .5 | 1.0 | 19.5 | 1.7 | 2.9 | .1 | .6 | .8 | .5 | .3 |
| OTHER SWEETS-- | | | | | | | | | | | | |
| ADDED VITAMIN C----- | .5 | .4 | * | * | 1.0 | .4 | .1 | .7 | .2 | * | * | 4.9 |
| NO ADDED VITAMIN C----- | 2.5 | 1.5 | .3 | * | 3.5 | .1 | .1 | * | * | * | * | .1 |
| OTHER FOOD----- | 6.6 | 1.4 | .3 | .1 | 2.3 | 3.3 | 5.1 | .2 | .5 | 2.6 | 18.3 | .0 |
| ALCOHOLIC BEVERAGE----- | 2.3 | .5 | * | .0 | .3 | .1 | * | .0 | * | .4 | .7 | .0 |
| SOME NUTRITIVE VALUE----- | 3.7 | .9 | .2 | .1 | 2.0 | 3.1 | 5.1 | .2 | .5 | 2.2 | 17.6 | .0 |
| NO NUTRITIVE VALUE----- | .7 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP

NORTH CENTRAL

RURAL NONFARM

| FOOD GROUP # | MONEY VALUE | FOOD ENERGY | PROTEIN | FAT | CARBO- HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO- FLAVIN | NIACIN | ASCORBI ACID |
|--|----------------|----------------|---------|-------|-------------------|---------|-------|-----------------------|---------|-----------------|--------|-----------------|
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) | (13) |
| | | CAL | G | G | G | MG | MG | IU | MG | MG | MG | MG |
| ALL FOOD GROUPS, AVERAGE AMOUNT----- | 3,476 | 112.6 | 164.3 | 394.7 | 1,177 | 20.4 | 7,610 | 1.64 | 2.53 | 27.1 | 114 | |
| PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME | | | | | | | | | | | | |
| MILK, CREAM, CHEESE----- | 12.2 | 13.0 | 21.1 | 15.0 | 8.6 | 62.5 | 1.4 | 13.2 | 10.8 | 39.3 | 2.3 | 5.1 |
| MILK----- | 7.1 | 8.3 | 14.7 | 8.7 | 6.1 | 47.6 | .3 | 7.6 | 9.0 | 31.7 | 1.9 | 4.3 |
| CREAM, ICE CREAM----- | 2.5 | 2.4 | 1.6 | 3.1 | 2.1 | 5.0 | .2 | 2.7 | 1.0 | 3.4 | .2 | .5 |
| CHEESE----- | 2.3 | 2.0 | 4.6 | 3.0 | .2 | 9.3 | .8 | 2.6 | .5 | 3.8 | .1 | .0 |
| SOUP, MIXTURES----- | .3 | .2 | .2 | .2 | .2 | .6 | .1 | .3 | .3 | .4 | .2 | .3 |
| MEAT, POULTRY, FISH----- | 32.7 | 21.9 | 40.9 | 37.7 | .4 | 2.9 | 31.1 | 11.9 | 23.1 | 21.8 | 35.6 | .4 |
| BEEF----- | 14.0 | 8.3 | 18.4 | 13.5 | .0 | 1.0 | 15.1 | .4 | 3.3 | 6.6 | 14.4 | .0 |
| BACON, SALT PORK----- | 2.4 | 3.7 | 1.4 | 8.2 | * | .2 | 1.1 | .0 | 1.9 | .8 | 1.1 | .0 |
| OTHER PORK----- | 6.1 | 4.1 | 6.5 | 7.5 | * | .4 | 5.4 | .0 | 11.6 | 3.2 | 5.2 | .0 |
| LIVER----- | .2 | .1 | .5 | .1 | * | * | 1.2 | 8.1 | .2 | 2.8 | 1.0 | .4 |
| LUNCHMEAT, FRANKFURTERS----- | 4.0 | 3.1 | 4.6 | 5.7 | .2 | .3 | 3.9 | 1.1 | 4.4 | 3.8 | 4.2 | .0 |
| OTHER MEAT----- | .8 | .3 | 1.0 | .4 | * | .1 | .7 | * | .3 | .6 | 1.1 | * |
| POULTRY----- | 3.2 | 1.4 | 5.7 | 1.5 | .0 | .3 | 3.0 | 2.2 | .9 | 3.5 | 5.7 | * |
| FISH, SHELLFISH----- | 1.9 | .7 | 2.8 | .7 | .1 | .6 | .7 | .1 | .5 | .5 | 2.7 | * |
| OTHER PROTEIN FOOD----- | 5.1 | 5.8 | 10.8 | 7.7 | 2.7 | 4.4 | 11.2 | 9.0 | 6.9 | 7.4 | 6.3 | .5 |
| EGGS----- | 2.6 | 2.3 | 5.7 | 3.5 | .1 | 2.3 | 5.7 | 7.8 | 2.8 | 5.6 | .2 | .0 |
| DRY LEGUMES----- | .6 | 1.1 | 2.1 | .3 | 1.7 | 1.3 | 3.7 | .2 | 2.0 | .7 | .8 | .2 |
| NUTS, PEANUT BUTTER----- | 1.2 | 1.8 | 2.1 | 3.4 | .5 | .6 | 1.2 | * | 1.6 | .6 | 4.6 | * |
| SOUP, MIXTURES----- | .6 | .4 | .7 | .4 | .3 | .1 | .5 | .9 | .4 | .4 | .4 | .2 |
| ALL VEGETABLES----- | 13.8 | 6.7 | 6.4 | 2.3 | 11.7 | 6.3 | 13.6 | 34.2 | 15.1 | 7.8 | 13.4 | 45.9 |
| POTATOES----- | 2.8 | 3.3 | 2.2 | 1.6 | 5.3 | .8 | 3.6 | * | 5.6 | 1.7 | 6.8 | 11.7 |
| DARK GREEN----- | .5 | * | .1 | * | .1 | .4 | .4 | 2.4 | .3 | .3 | .1 | 2.8 |
| DEEP YELLOW----- | .4 | .2 | .1 | * | .5 | .3 | .4 | 13.8 | .3 | .2 | .2 | .8 |
| TOMATOES----- | 2.9 | .7 | .8 | .1 | 1.4 | .8 | 2.2 | 9.4 | 2.8 | 1.2 | 2.3 | 13.1 |
| OTHER----- | 6.7 | 2.2 | 2.9 | .4 | 4.3 | 3.8 | 6.7 | 7.2 | 5.9 | 4.2 | 3.8 | 17.2 |
| SOUP, MIXTURES----- | .4 | .2 | .2 | .1 | .2 | .1 | .2 | 1.3 | .1 | .1 | .2 | .3 |
| ALL FRUIT----- | 8.0 | 3.9 | 1.4 | .3 | 8.7 | 2.7 | 5.8 | 17.3 | 6.6 | 3.1 | 3.7 | 41.5 |
| CITRUS----- | 1.6 | .9 | .4 | .1 | 1.9 | 1.0 | .9 | 1.5 | 3.2 | .6 | .8 | 25.4 |
| OTHER VITAMIN C-RICH----- | 1.0 | .3 | .1 | * | .6 | .3 | .6 | 7.6 | .5 | .4 | .5 | 7.6 |
| OTHER----- | 5.4 | 2.8 | .8 | .2 | 6.2 | 1.4 | 4.3 | 8.1 | 2.9 | 2.2 | 2.4 | 8.4 |
| MIXTURES----- | * | * | * | * | * | * | * | * | * | * | * | * |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP--CONTINUED

NORTH CENTRAL

RURAL NONFARM

| FOOD GROUP * | MONEY VALUE | FOOD ENERGY | PROTEIN | FAT | CARBO- HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO- FLAVIN | NIACIN | ASCORBIC ACID |
|--|----------------|----------------|---------|------|-------------------|---------|------|-----------------------|---------|-----------------|--------|------------------|
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) | (13) |
| PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME | | | | | | | | | | | | |
| GRAIN, ENRICHED OR WHOLE GRAIN----- | 6.1 | 15.1 | 13.7 | 3.1 | 26.3 | 10.4 | 24.1 | .3 | 33.2 | 14.5 | 17.6 | .5 |
| FLOUR----- | .7 | 3.7 | 3.2 | .4 | 6.8 | 2.0 | 5.1 | * | 7.6 | 3.5 | 4.0 | .0 |
| CEREAL, PASTES----- | 2.1 | 3.8 | 3.2 | .5 | 7.2 | 1.6 | 7.7 | .1 | 11.1 | 3.1 | 5.2 | .3 |
| BREAD----- | 2.7 | 6.4 | 6.5 | 1.6 | 10.6 | 5.9 | 10.1 | * | 12.6 | 6.7 | 7.4 | .0 |
| OTHER BAKERY PRODUCTS----- | .7 | 1.1 | .9 | .6 | 1.7 | .8 | 1.2 | .1 | 1.8 | 1.1 | 1.0 | .2 |
| GRAIN, NOT ENRICHED OR WHOLE GRAIN-- | 5.7 | 8.3 | 4.6 | 5.8 | 11.9 | 4.8 | 4.1 | 1.3 | 3.1 | 2.8 | 2.3 | .4 |
| FLOUR----- | .5 | 1.1 | .4 | .7 | 1.8 | 1.0 | .3 | * | .2 | .3 | .2 | .0 |
| CEREAL, PASTES----- | .1 | .2 | .2 | .1 | .4 | * | .2 | * | .4 | .1 | .1 | .0 |
| BREAD----- | .3 | .4 | .4 | * | .7 | .4 | .4 | * | .6 | .2 | .3 | .0 |
| OTHER BAKERY PRODUCTS----- | 3.4 | 5.6 | 2.7 | 4.2 | 7.7 | 2.5 | 2.4 | .7 | 1.5 | 1.6 | 1.3 | * |
| SOUP, MIXTURES----- | 1.4 | 1.0 | .8 | .8 | 1.3 | .9 | .7 | .6 | .5 | .6 | .5 | .4 |
| FATS, OILS----- | 3.4 | 11.5 | .3 | 27.1 | .4 | .6 | .2 | 11.4 | .1 | .1 | * | * |
| BUTTER----- | 1.0 | 1.8 | * | 4.2 | * | .1 | .0 | 3.7 | .0 | .0 | .0 | .0 |
| MARGARINE----- | .9 | 3.6 | .1 | 8.5 | * | .3 | .0 | 7.4 | .0 | .0 | .0 | .0 |
| OIL, SALAD DRESSING----- | .9 | 2.6 | .1 | 6.0 | .3 | .1 | .2 | .3 | .1 | .1 | * | * |
| LARD----- | .2 | 1.3 | * | 3.0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| VEGETABLE SHORTENING----- | .6 | 2.3 | .1 | 5.4 | .1 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| SUGAR, SWEETS----- | 5.9 | 12.4 | .6 | .9 | 27.3 | 2.5 | 3.5 | 1.2 | .8 | .8 | .5 | 5.8 |
| SUGAR, SIRUP, JELLY, CANDY----- | 3.1 | 10.4 | .4 | .8 | 22.9 | 1.7 | 3.2 | .1 | .5 | .7 | .4 | .3 |
| OTHER SWEETS-- | | | | | | | | | | | | |
| ADDED VITAMIN C----- | .4 | .4 | * | * | .9 | .7 | .2 | 1.0 | .3 | * | * | 5.3 |
| NO ADDED VITAMIN C----- | 2.3 | 1.5 | .2 | .1 | 3.4 | .1 | .1 | * | * | .1 | * | .1 |
| OTHER FOOD----- | 7.1 | 1.4 | .2 | .1 | 2.1 | 3.1 | 5.0 | .2 | .4 | 2.4 | 18.3 | .0 |
| ALCOHOLIC BEVERAGE----- | 2.6 | .6 | .1 | .0 | .4 | .2 | * | .0 | * | .5 | .8 | .0 |
| SOME NUTRITIVE VALUE----- | 3.5 | .8 | .1 | .1 | 1.8 | 3.0 | 5.0 | .2 | .4 | 1.9 | 17.5 | .0 |
| NO NUTRITIVE VALUE----- | 1.1 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP

NORTH CENTRAL

RURAL NONFARM

| FOOD GROUP * | MONEY VALUE | FOOD ENERGY | PROTEIN | FAT | CARBO- HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO- FLAVIN | NIACIN | ASCORBIC ACID |
|--|----------------|----------------|---------|-------|-------------------|---------|-------|-----------------------|---------|-----------------|--------|------------------|
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) | (13) |
| | | CAL | G | G | G | MG | MG | IU | MG | MG | MG | MG |
| ALL FOOD GROUPS, AVERAGE AMOUNT----- | 3.078 | 102.2 | 144.1 | 348.6 | 1,135 | 18.6 | 6,870 | 1.50 | 2.37 | 24.4 | 93 | |
| PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME | | | | | | | | | | | | |
| MILK, CREAM, CHEESE----- | 14.1 | 14.7 | 23.2 | 17.5 | 9.5 | 65.6 | 1.2 | 14.9 | 12.1 | 43.4 | 2.6 | 6.5 |
| MILK----- | 9.6 | 10.6 | 17.7 | 11.8 | 7.4 | 53.7 | .2 | 10.0 | 10.7 | 37.0 | 2.3 | 6.0 |
| CREAM, ICE CREAM----- | 2.2 | 2.2 | 1.5 | 2.9 | 1.8 | 4.3 | .2 | 2.5 | .9 | 3.0 | .2 | .4 |
| CHEESE----- | 2.1 | 1.7 | 3.9 | 2.6 | .2 | 7.3 | .7 | 2.2 | .4 | 3.1 | .1 | .0 |
| SOUP, MIXTURES----- | .2 | .1 | .1 | .1 | .1 | .3 | .1 | .1 | .1 | .2 | .1 | * |
| MEAT, POULTRY, FISH----- | 32.8 | 20.2 | 39.6 | 34.3 | .3 | 2.8 | 29.8 | 12.1 | 21.3 | 20.3 | 35.4 | .5 |
| BEEF----- | 14.5 | 8.3 | 18.0 | 13.6 | .0 | .9 | 14.8 | .4 | 3.3 | 6.3 | 14.4 | .0 |
| BACON, SALT PORK----- | 1.7 | 2.4 | .9 | 5.4 | * | .1 | .7 | .0 | 1.2 | .5 | .7 | .0 |
| OTHER PORK----- | 6.3 | 3.9 | 6.0 | 7.2 | * | .3 | 4.9 | .0 | 10.9 | 2.8 | 5.0 | .0 |
| LIVER----- | .3 | .1 | .4 | .1 | * | * | 1.2 | 8.0 | .2 | 2.7 | 1.0 | .5 |
| LUNCHMEAT, FRANKFURTERS----- | 3.8 | 2.7 | 3.9 | 4.8 | .2 | .2 | 3.3 | 1.1 | 3.7 | 3.2 | 3.6 | .0 |
| OTHER MEAT----- | .7 | .2 | .8 | .1 | .0 | * | .3 | .0 | .3 | .6 | .9 | .0 |
| POULTRY----- | 4.2 | 2.2 | 7.8 | 2.6 | .0 | .4 | 3.8 | 2.6 | 1.5 | 3.9 | 8.2 | * |
| FISH, SHELLFISH----- | 1.4 | .4 | 1.7 | .5 | * | .7 | .7 | .1 | .3 | .4 | 1.7 | * |
| OTHER PROTEIN FOOD----- | 5.4 | 4.9 | 9.3 | 6.5 | 2.3 | 3.5 | 9.5 | 7.8 | 5.6 | 6.2 | 4.9 | .5 |
| EGGS----- | 2.8 | 2.1 | 5.0 | 3.2 | .1 | 1.9 | 4.9 | 6.8 | 2.4 | 4.8 | .2 | .0 |
| DRY LEGUMES----- | .6 | 1.0 | 1.7 | .2 | 1.5 | 1.0 | 3.0 | .2 | 1.6 | .5 | .7 | .2 |
| NUTS, PEANUT BUTTER----- | .9 | 1.3 | 1.5 | 2.5 | .3 | .4 | .8 | * | 1.0 | .4 | 3.2 | * |
| SOUP, MIXTURES----- | .8 | .5 | .8 | .5 | .3 | .2 | .6 | .6 | .4 | .4 | .6 | .2 |
| ALL VEGETABLES----- | 11.7 | 6.8 | 5.9 | 2.2 | 12.0 | 5.3 | 13.4 | 44.3 | 13.4 | 6.3 | 13.0 | 42.3 |
| POTATOES----- | 2.4 | 3.8 | 2.5 | 1.6 | 6.2 | .9 | 4.1 | * | 6.3 | 1.9 | 7.8 | 15.0 |
| DARK GREEN----- | .3 | * | .1 | * | .1 | .3 | .3 | 2.7 | .2 | .2 | .1 | 1.5 |
| DEEP YELLOW----- | .9 | .5 | .3 | * | 1.0 | .6 | .9 | 26.4 | .8 | .6 | .5 | 2.3 |
| TOMATOES----- | 1.7 | .5 | .5 | .1 | 1.0 | .4 | 1.7 | 6.1 | 1.7 | .7 | 1.6 | 7.9 |
| OTHER----- | 6.0 | 1.8 | 2.2 | .3 | 3.5 | 3.0 | 6.1 | 7.2 | 4.2 | 2.8 | 2.7 | 15.0 |
| SOUP, MIXTURES----- | .4 | .1 | .2 | .1 | .2 | .1 | .3 | 1.9 | .2 | .2 | .2 | .4 |
| ALL FRUIT----- | 7.2 | 4.5 | 1.2 | .3 | 10.1 | 2.2 | 5.1 | 5.5 | 7.0 | 2.5 | 2.7 | 43.8 |
| CITRUS----- | 2.0 | 1.2 | .6 | .1 | 2.5 | 1.2 | 1.0 | 2.0 | 4.1 | .8 | 1.0 | 37.2 |
| OTHER VITAMIN C-RICH----- | .1 | * | * | * | .1 | * | .1 | .4 | * | * | * | .9 |
| OTHER----- | 5.0 | 3.3 | .6 | .2 | 7.5 | 1.0 | 4.0 | 3.1 | 2.8 | 1.6 | 1.6 | 5.7 |
| MIXTURES----- | * | * | * | * | * | * | * | * | * | * | * | * |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP--CONTINUED

NORTH CENTRAL

RURAL NONFARM

| FOOD GROUP * | MONEY VALUE | FOOD ENERGY | PROTEIN | FAT | CARBO- HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO- FLAVIN | NIACIN | ASCORBIC ACID |
|--|----------------|----------------|---------|------|-------------------|---------|------|-----------------------|---------|-----------------|--------|------------------|
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) | (13) |
| PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME | | | | | | | | | | | | |
| GRAIN, ENRICHED OR WHOLE GRAIN----- | 6.7 | 16.8 | 15.1 | 3.1 | 29.4 | 10.3 | 28.0 | .1 | 36.1 | 15.2 | 19.2 | .5 |
| FLOUR----- | .9 | 4.9 | 4.2 | .3 | 9.0 | 1.9 | 6.5 | * | 9.7 | 4.4 | 5.3 | .0 |
| CEREAL, PASTES----- | 2.3 | 4.3 | 3.7 | .6 | 8.0 | 2.4 | 10.4 | .1 | 12.5 | 3.6 | 5.8 | .5 |
| BREAD----- | 3.0 | 6.7 | 6.6 | 1.7 | 11.0 | 5.7 | 10.2 | .0 | 12.7 | 6.6 | 7.6 | .0 |
| OTHER BAKERY PRODUCTS----- | .5 | .9 | .6 | .5 | 1.3 | .4 | .9 | * | 1.2 | .6 | .6 | * |
| GRAIN, NOT ENRICHED OR WHOLE GRAIN-- | 5.3 | 7.8 | 4.3 | 5.3 | 11.3 | 3.5 | 3.9 | 1.3 | 3.1 | 2.4 | 2.3 | .5 |
| FLOUR----- | .5 | 1.1 | .4 | .7 | 1.6 | .6 | .4 | * | .2 | .2 | .2 | .0 |
| CEREAL, PASTES----- | .2 | .4 | .4 | .1 | .8 | * | .3 | * | .6 | .1 | .2 | .0 |
| BREAD----- | .4 | .6 | .6 | .1 | 1.0 | .5 | .6 | .0 | .7 | .3 | .4 | .0 |
| OTHER BAKERY PRODUCTS----- | 2.9 | 4.7 | 2.2 | 3.5 | 6.5 | 1.7 | 2.0 | .5 | 1.2 | 1.3 | 1.0 | * |
| SOUP, MIXTURES----- | 1.3 | 1.1 | .7 | .9 | 1.3 | .5 | .6 | .8 | .5 | .5 | .5 | .4 |
| FATS, OILS----- | 3.8 | 12.3 | .3 | 29.1 | .5 | .6 | .2 | 12.8 | .1 | .1 | * | * |
| BUTTER----- | 1.3 | 2.3 | .1 | 5.5 | * | .2 | .0 | 4.7 | .0 | .0 | .0 | .0 |
| MARGARINE----- | 1.0 | 3.8 | .1 | 9.2 | * | .3 | .0 | 7.9 | .0 | .0 | .0 | .0 |
| OIL, SALAD DRESSING----- | .8 | 2.4 | .1 | 5.4 | .3 | .1 | .2 | .3 | .1 | .1 | * | * |
| LARD----- | .2 | 1.4 | * | 3.2 | * | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| VEGETABLE SHORTENING----- | .6 | 2.4 | * | 5.7 | .1 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| SUGAR, SWEETS----- | 5.7 | 10.4 | .9 | 1.5 | 22.2 | 2.7 | 3.8 | 1.1 | 1.0 | 1.1 | .7 | 5.5 |
| SUGAR, SIRUP, JELLY, CANDY----- | 3.4 | 8.8 | .6 | 1.5 | 18.5 | 2.2 | 3.6 | .2 | .9 | 1.1 | .7 | .3 |
| OTHER SWEETS-- | | | | | | | | | | | | |
| ADDED VITAMIN C----- | .4 | .3 | * | * | .6 | .4 | .1 | .9 | .1 | * | * | 4.9 |
| NO ADDED VITAMIN C----- | 2.0 | 1.4 | .3 | * | 3.1 | .1 | .1 | * | * | .1 | * | .2 |
| OTHER FOOD----- | 7.2 | 1.7 | .3 | .1 | 2.6 | 3.4 | 5.2 | .2 | .4 | 2.5 | 19.1 | .0 |
| ALCOHOLIC BEVERAGE----- | 2.8 | .7 | .1 | .0 | .5 | .2 | * | .0 | * | .5 | 1.0 | .0 |
| SOME NUTRITIVE VALUE----- | 3.7 | .9 | .2 | .1 | 2.1 | 3.3 | 5.2 | .2 | .4 | 2.0 | 18.1 | .0 |
| NO NUTRITIVE VALUE----- | .7 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP

NORTH CENTRAL

RURAL NONFARM

| FOOD GROUP * | MONEY VALUE | FOOD ENERGY | PROTEIN | FAT | CARBO- HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO- FLAVIN | NIACIN | ASCORBIC ACID |
|--|----------------|----------------|---------|-------|-------------------|---------|-------|-----------------------|---------|-----------------|--------|------------------|
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) | (13) |
| | | CAL | G | G | G | MG | MG | IU | MG | MG | MG | MG |
| ALL FOOD GROUPS, AVERAGE AMOUNT----- | 3,155 | 103.0 | 146.4 | 363.0 | 1,154 | 18.8 | 6,810 | 1.55 | 2.39 | 24.3 | 102 | |
| PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME | | | | | | | | | | | | |
| MILK, CREAM, CHEESE----- | 14.7 | 14.3 | 23.3 | 16.9 | 9.2 | 65.9 | 1.2 | 14.7 | 11.9 | 43.3 | 2.8 | 6.1 |
| MILK----- | 10.3 | 10.3 | 17.7 | 11.4 | 7.1 | 53.2 | .2 | 9.9 | 10.4 | 36.9 | 2.3 | 5.4 |
| CREAM, ICE CREAM----- | 1.8 | 1.9 | 1.3 | 2.3 | 1.6 | 3.7 | .2 | 2.1 | .8 | 2.6 | .1 | .3 |
| CHEESE----- | 2.1 | 1.8 | 4.1 | 2.9 | .2 | 8.3 | .8 | 2.5 | .4 | 3.3 | .1 | .0 |
| SOUP, MIXTURES----- | .4 | .3 | .2 | .3 | .3 | .6 | .1 | .3 | .3 | .5 | .2 | .3 |
| MEAT, POULTRY, FISH----- | 33.2 | 19.5 | 38.5 | 33.6 | .3 | 2.5 | 29.5 | 18.1 | 20.5 | 21.4 | 35.9 | .7 |
| BEEF----- | 14.7 | 8.5 | 18.0 | 14.3 | .0 | .9 | 14.8 | .4 | 3.2 | 6.3 | 14.6 | .0 |
| BACON, SALT PORK----- | 1.7 | 2.1 | .8 | 4.7 | * | .1 | .6 | .0 | 1.0 | .4 | .6 | .0 |
| OTHER PORK----- | 6.6 | 3.8 | 6.3 | 7.0 | * | .3 | 5.1 | .0 | 10.8 | 2.9 | 5.2 | .0 |
| LIVER----- | .4 | .2 | .7 | .1 | * | * | 1.9 | 14.6 | .4 | 4.5 | 1.8 | .7 |
| LUNCHMEAT, FRANKFURTERS----- | 3.4 | 2.5 | 3.5 | 4.6 | .1 | .2 | 3.0 | .8 | 3.2 | 2.8 | 3.3 | .0 |
| OTHER MEAT----- | 1.3 | .3 | 1.3 | .3 | * | .1 | .6 | .0 | .5 | .9 | 1.7 | .0 |
| POULTRY----- | 3.7 | 1.7 | 5.9 | 2.0 | .0 | .3 | 2.9 | 2.1 | 1.0 | 3.1 | 6.4 | .0 |
| FISH, SHELLFISH----- | 1.5 | .5 | 1.9 | .6 | * | .6 | .5 | .2 | .3 | .4 | 2.2 | .0 |
| OTHER PROTEIN FOOD----- | 5.1 | 5.1 | 9.4 | 7.3 | 2.0 | 3.4 | 9.0 | 7.9 | 5.4 | 6.1 | 6.5 | .4 |
| EGGS----- | 2.8 | 2.1 | 5.0 | 3.1 | .1 | 1.9 | 4.9 | 6.9 | 2.4 | 4.7 | .2 | .0 |
| DRY LEGUMES----- | .5 | .8 | 1.3 | .2 | 1.1 | .8 | 2.3 | .2 | 1.2 | .4 | .5 | .2 |
| NUTS, PEANUT BUTTER----- | 1.1 | 1.9 | 2.2 | 3.5 | .5 | .5 | 1.1 | * | 1.4 | .5 | 5.0 | * |
| SOUP, MIXTURES----- | .5 | .3 | .6 | .3 | .3 | .2 | .5 | .7 | .4 | .3 | .4 | .1 |
| ALL VEGETABLES----- | 11.2 | 7.1 | 6.1 | 2.7 | 12.0 | 4.9 | 13.3 | 36.4 | 13.2 | 6.0 | 14.0 | 37.3 |
| POTATOES----- | 2.6 | 4.2 | 2.8 | 2.1 | 6.7 | 1.0 | 4.6 | * | 6.7 | 2.1 | 8.7 | 14.7 |
| DARK GREEN----- | .2 | * | .1 | * | * | .2 | .2 | 1.8 | .2 | .2 | .1 | 1.5 |
| DEEP YELLOW----- | .6 | .3 | .2 | * | .6 | .4 | .6 | 19.5 | .5 | .3 | .3 | 1.1 |
| TOMATOES----- | 1.6 | .6 | .6 | .2 | 1.2 | .4 | 1.8 | 6.6 | 1.8 | .8 | 1.8 | 7.1 |
| OTHER----- | 5.7 | 1.7 | 2.2 | .3 | 3.3 | 2.7 | 5.7 | 5.8 | 3.9 | 2.6 | 2.7 | 12.5 |
| SOUP, MIXTURES----- | .5 | .2 | .3 | .1 | .2 | .1 | .3 | 2.7 | .2 | .1 | .3 | .5 |
| ALL FRUIT----- | 8.0 | 4.7 | 1.4 | .3 | 10.4 | 2.9 | 5.4 | 6.7 | 7.7 | 2.7 | 3.1 | 49.9 |
| CITRUS----- | 2.9 | 1.5 | .7 | .1 | 3.3 | 1.8 | 1.6 | 2.7 | 5.2 | 1.0 | 1.3 | 43.2 |
| OTHER VITAMIN C-RICH----- | .3 | .1 | * | * | .2 | * | .1 | .3 | .1 | .1 | .1 | 1.7 |
| OTHER----- | 4.7 | 3.1 | .6 | .2 | 6.9 | 1.0 | 3.7 | 3.7 | 2.5 | 1.6 | 1.7 | 5.0 |
| MIXTURES----- | * | * | * | * | * | * | * | * | * | * | * | * |

* SEE NOTE'S FOLLOWING WEST, TABLE 18.

TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP--CONTINUED

NORTH CENTRAL

RURAL NONFARM

| FOOD GROUP * | MONEY VALUE | FOOD ENERGY | PROTEIN | FAT | CARBO- HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO- FLAVIN | NIACIN | ASCORBIC ACID |
|--|----------------|----------------|---------|------|-------------------|---------|------|-----------------------|---------|-----------------|--------|------------------|
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) | (13) |
| PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME | | | | | | | | | | | | |
| GRAIN, ENRICHED OR WHOLE GRAIN----- | 7.0 | 16.8 | 15.3 | 3.4 | 28.7 | 11.0 | 29.6 | .2 | 36.5 | 15.1 | 19.2 | .5 |
| FLOUR----- | .8 | 4.6 | 3.9 | .4 | 8.2 | 2.2 | 6.1 | * | 8.9 | 4.2 | 5.0 | .0 |
| CEREAL, PASTES----- | 2.5 | 4.6 | 4.1 | .8 | 8.3 | 2.6 | 12.2 | .1 | 13.8 | 3.5 | 5.7 | .3 |
| BREAD----- | 3.0 | 6.6 | 6.5 | 1.7 | 10.7 | 5.6 | 10.1 | .0 | 12.4 | 6.6 | 7.7 | .0 |
| OTHER BAKERY PRODUCTS----- | .7 | 1.0 | .8 | .6 | 1.5 | .6 | 1.1 | .1 | 1.4 | .9 | .8 | .1 |
| GRAIN, NOT ENRICHED OR WHOLE GRAIN-- | 5.8 | 8.3 | 4.7 | 5.6 | 11.8 | 3.8 | 4.3 | 1.0 | 3.6 | 2.6 | 2.7 | .3 |
| FLOUR----- | .6 | 1.4 | .5 | .8 | 2.2 | 1.0 | .4 | * | .2 | .3 | .2 | .0 |
| CEREAL, PASTES----- | .2 | .6 | .5 | .1 | 1.0 | .1 | .6 | * | 1.0 | .2 | .4 | .0 |
| BREAD----- | .4 | .5 | .5 | .1 | .9 | .4 | .5 | * | .6 | .3 | .4 | .0 |
| OTHER BAKERY PRODUCTS----- | 3.3 | 5.2 | 2.4 | 4.1 | 6.9 | 1.8 | 2.3 | .5 | 1.3 | 1.4 | 1.2 | * |
| SOUP, MIXTURES----- | 1.2 | .7 | .8 | .4 | .9 | .6 | .5 | .5 | .4 | .5 | .5 | .2 |
| FATS, OILS----- | 3.7 | 12.1 | .3 | 29.0 | .4 | .6 | .2 | 14.0 | .1 | .1 | * | * |
| BUTTER----- | 1.0 | 1.7 | * | 4.2 | * | .1 | .0 | 3.7 | .0 | .0 | .0 | .0 |
| MARGARINE----- | 1.2 | 4.7 | .1 | 11.5 | * | .4 | .0 | 10.1 | .0 | .0 | .0 | .0 |
| OIL, SALAD DRESSING----- | .8 | 2.5 | .1 | 5.6 | .3 | .1 | .2 | .2 | .1 | .1 | * | * |
| LARD----- | .2 | 1.1 | .0 | 2.7 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| VEGETABLE SHORTENING----- | .5 | 2.0 | * | 4.9 | * | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| SUGAR, SWEETS----- | 6.1 | 10.9 | .9 | 1.1 | 23.3 | 2.1 | 3.6 | .9 | .9 | .9 | .6 | 4.9 |
| SUGAR, SIRUP, JELLY, CANDY----- | 3.1 | 8.6 | .5 | 1.1 | 18.4 | 1.8 | 3.3 | .1 | .7 | .9 | .5 | .2 |
| OTHER SWEETS-- | | | | | | | | | | | | |
| ADDED VITAMIN C----- | .4 | .3 | * | * | .8 | .3 | .1 | .8 | .1 | * | * | 4.5 |
| NO ADDED VITAMIN C----- | 2.6 | 1.9 | .4 | * | 4.1 | .1 | .2 | * | * | .1 | * | .2 |
| OTHER FOOD----- | 5.3 | 1.2 | .3 | .1 | 1.9 | 2.7 | 4.0 | * | .2 | 1.7 | 15.3 | .0 |
| ALCOHOLIC BEVERAGE----- | 1.7 | .5 | .1 | .0 | .3 | .1 | * | .0 | * | .3 | .6 | .0 |
| SOME NUTRITIVE VALUE----- | 3.0 | .7 | .2 | .1 | 1.7 | 2.6 | 4.0 | * | .2 | 1.4 | 14.6 | .0 |
| NO NUTRITIVE VALUE----- | .6 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |

TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP ALL SOURCES

NORTH CENTRAL

RURAL FARM

| FOOD GROUP * | MONEY VALUE | FOOD ENERGY | PROTEIN | FAT | CARBO- HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO- FLAVIN | NIACIN | ASCORBIC ACID |
|--|----------------|----------------|---------|-------|-------------------|---------|-------|-----------------------|---------|-----------------|--------|------------------|
| (1) | (2) | (3) | (4), | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) | (13) |
| | | CAL | G | G | G | MG | MG | IU | MG | MG | MG | MG |
| ALL FOOD GROUPS, AVERAGE AMOUNT----- | 3.712 | 117.7 | 173.3 | 430.3 | 1,225 | 21.7 | 7,810 | 1.76 | 2.68 | 27.0 | 104 | |
| PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME | | | | | | | | | | | | |
| MILK, CREAM, CHEESE----- | 14.1 | 13.7 | 21.3 | 16.9 | 8.6 | 64.4 | 1.1 | 15.3 | 11.0 | 40.5 | 2.5 | 6.3 |
| MILK----- | 9.0 | 8.9 | 15.6 | 10.0 | 6.1 | 50.5 | .2 | 9.0 | 9.3 | 33.4 | 2.1 | 5.4 |
| CREAM, ICE CREAM----- | 3.1 | 3.0 | 1.9 | 4.2 | 2.2 | 5.8 | .2 | 3.8 | 1.1 | 3.8 | .2 | .6 |
| CHEESE----- | 1.9 | 1.6 | 3.6 | 2.4 | .1 | 7.7 | .7 | 2.2 | .4 | 3.0 | .1 | .0 |
| SOUP, MIXTURES----- | .2 | .2 | .1 | .2 | .2 | .4 | .1 | .2 | .2 | .3 | .1 | .3 |
| MEAT, POULTRY, FISH----- | 33.2 | 20.3 | 39.5 | 35.3 | .2 | 2.8 | 30.0 | 12.3 | 20.9 | 20.7 | 36.4 | .5 |
| BEEF----- | 16.3 | 8.9 | 19.6 | 14.9 | * | 1.1 | 15.8 | .5 | 3.5 | 7.0 | 16.4 | .0 |
| BACON, SALT PORK----- | 2.1 | 3.2 | 1.2 | 7.1 | * | .2 | .9 | .0 | 1.5 | .6 | .9 | .0 |
| OTHER PORK----- | 6.1 | 3.7 | 6.3 | 6.9 | * | .3 | 5.1 | .0 | 11.0 | 3.0 | 5.4 | .0 |
| LIVER----- | .3 | .1 | .5 | .1 | * | * | 1.4 | 8.4 | .3 | 3.0 | 1.2 | .5 |
| LUNCHMEAT, FRANKFURTERS----- | 2.8 | 2.0 | 3.0 | 3.8 | .1 | .2 | 2.6 | .9 | 2.9 | 2.5 | 3.0 | .0 |
| OTHER MEAT----- | .8 | .2 | .8 | .3 | * | * | .5 | * | .3 | .6 | 1.1 | * |
| POULTRY----- | 3.2 | 1.6 | 5.9 | 1.9 | * | .3 | 3.0 | 2.5 | 1.0 | 3.5 | 6.4 | * |
| FISH, SHELLFISH----- | 1.6 | .5 | 2.1 | .5 | * | .6 | .6 | .1 | .5 | .4 | 2.0 | * |
| OTHER PROTEIN FOOD----- | 4.8 | 4.9 | 10.1 | 6.7 | 1.9 | 4.1 | 10.1 | 9.1 | 5.8 | 7.2 | 4.7 | .3 |
| EGGS----- | 2.8 | 2.5 | 6.2 | 3.8 | .1 | 2.5 | 6.1 | 8.6 | 3.0 | 6.1 | .2 | .0 |
| DRY LEGUMES----- | .5 | .9 | 1.7 | .2 | 1.3 | 1.1 | 3.0 | .2 | 1.6 | .5 | .7 | .2 |
| NUTS, PEANUT BUTTER----- | 1.0 | 1.3 | 1.6 | 2.5 | .3 | .4 | .9 | * | 1.0 | .4 | 3.5 | * |
| SOUP, MIXTURES----- | .3 | .2 | .5 | .1 | .1 | .1 | .2 | .2 | .1 | .1 | .2 | * |
| ALL VEGETABLES----- | 13.5 | 6.7 | 6.2 | 1.9 | 11.9 | 5.8 | 13.6 | 38.5 | 14.2 | 6.9 | 14.5 | 47.7 |
| POTATOES----- | 2.8 | 3.6 | 2.6 | 1.3 | 6.0 | 1.0 | 4.2 | * | 6.4 | 2.0 | 8.4 | 16.1 |
| DARK GREEN----- | .4 | * | .1 | * | .1 | .3 | .4 | 3.0 | .2 | .2 | .1 | 2.2 |
| DEEP YELLOW----- | .6 | .3 | .2 | * | .6 | .5 | .6 | 19.5 | .5 | .4 | .4 | 1.5 |
| TOMATOES----- | 2.6 | .6 | .7 | .1 | 1.2 | .6 | 2.0 | 8.1 | 2.3 | 1.0 | 2.1 | 11.7 |
| OTHER----- | 6.9 | 2.0 | 2.5 | .3 | 3.9 | 3.4 | 6.3 | 6.8 | 4.7 | 3.3 | 3.4 | 16.2 |
| SOUP, MIXTURES----- | .2 | .1 | .1 | .1 | .1 | .1 | .1 | 1.1 | .1 | .1 | .1 | .2 |
| ALL FRUIT----- | 7.9 | 4.0 | 1.2 | .3 | 8.7 | 2.6 | 5.2 | 9.2 | 5.6 | 2.8 | 3.1 | 39.6 |
| CITRUS----- | 1.7 | .8 | .4 | .1 | 1.7 | 1.0 | .9 | 1.4 | 2.8 | .6 | .7 | 26.4 |
| OTHER VITAMIN C-RICH----- | .8 | .2 | .1 | * | .4 | .2 | .4 | 2.0 | .2 | .2 | .3 | 5.3 |
| OTHER----- | 5.4 | 3.0 | .7 | .2 | 6.6 | 1.5 | 4.0 | 5.7 | 2.6 | 2.0 | 2.1 | 8.0 |
| MIXTURES----- | * | * | * | * | * | * | * | * | * | * | * | * |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP ALL SOURCES--CONTINUED

NORTH CENTRAL

RURAL FARM

| FOOD GROUP † | MONEY VALUE | FOOD ENERGY | PROTEIN | FAT | CARBO- HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO- FLAVIN | NIACIN | ASCORBIC ACID |
|--|----------------|----------------|---------|------|-------------------|---------|------|-----------------------|---------|-----------------|--------|------------------|
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) | (13) |
| PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME | | | | | | | | | | | | |
| GRAIN, ENRICHED OR WHOLE GRAIN----- | 6.9 | 17.8 | 16.5 | 3.1 | 30.5 | 10.2 | 28.2 | .2 | 38.3 | 16.8 | 21.7 | .4 |
| FLOUR----- | 1.2 | 6.8 | 6.1 | .5 | 12.3 | 2.0 | 9.3 | * | 13.9 | 6.4 | 8.1 | .0 |
| CEREAL, PASTES----- | 2.2 | 4.0 | 3.5 | .6 | 7.2 | 2.0 | 8.4 | .1 | 11.4 | 3.2 | 5.5 | .3 |
| BREAD----- | 2.8 | 6.0 | 6.1 | 1.5 | 9.7 | 5.7 | 9.4 | * | 11.7 | 6.4 | 7.4 | .0 |
| OTHER BAKERY PRODUCTS----- | .7 | 1.0 | .7 | .5 | 1.4 | .6 | 1.0 | .1 | 1.3 | .8 | .8 | .1 |
| GRAIN, NOT ENRICHED OR WHOLE GRAIN-- | 4.2 | 6.6 | 3.7 | 4.1 | 9.6 | 3.3 | 3.2 | .8 | 2.6 | 2.0 | 2.0 | .2 |
| FLOUR----- | .6 | 1.2 | .5 | .6 | 2.0 | 1.0 | .4 | * | .2 | .3 | .2 | * |
| CEREAL, PASTES----- | .2 | .5 | .5 | .1 | .9 | .1 | .5 | * | .8 | .2 | .3 | .0 |
| BREAD----- | .2 | .3 | .3 | * | .5 | .2 | .3 | * | .3 | .1 | .2 | .0 |
| OTHER BAKERY PRODUCTS----- | 2.6 | 4.1 | 2.1 | 3.0 | 5.6 | 1.6 | 1.8 | .4 | 1.0 | 1.1 | 1.0 | * |
| SOUP, MIXTURES----- | .6 | .5 | .4 | .4 | .6 | .3 | .3 | .4 | .3 | .3 | .3 | .2 |
| FATS, OILS----- | 4.2 | 12.7 | .3 | 30.3 | .3 | .6 | .1 | 13.9 | .1 | .1 | * | * |
| BUTTER----- | 2.0 | 3.2 | .1 | 7.7 | * | .3 | .0 | 6.9 | .0 | .0 | .0 | .0 |
| MARGARINE----- | .8 | 3.1 | .1 | 7.5 | * | .3 | .0 | 6.8 | .0 | .0 | .0 | .0 |
| OIL, SALAD DRESSING----- | .7 | 1.9 | .1 | 4.4 | .2 | .1 | .1 | .2 | .1 | .1 | * | * |
| LARD----- | .4 | 2.7 | * | 6.5 | * | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| VEGETABLE SHORTENING----- | .4 | 1.7 | * | 4.2 | * | .0 | .0 | * | .0 | .0 | .0 | .0 |
| SUGAR, SWEETS----- | 6.4 | 12.5 | .9 | 1.3 | 26.7 | 2.8 | 4.5 | .8 | 1.0 | 1.1 | .8 | 4.9 |
| SUGAR, SIRUP, JELLY, CANDY----- | 4.2 | 11.0 | .6 | 1.3 | 23.3 | 2.3 | 4.3 | .1 | .9 | 1.0 | .8 | .4 |
| OTHER SWEETS-- | | | | | | | | | | | | |
| ADDED VITAMIN C----- | .4 | .3 | * | * | .7 | .4 | .1 | .6 | .1 | * | * | 4.4 |
| NO ADDED VITAMIN C----- | 1.8 | 1.2 | .3 | * | 2.6 | .1 | .1 | * | * | * | * | .1 |
| OTHER FOOD----- | 4.8 | .9 | .3 | .1 | 1.6 | 3.3 | 3.9 | .1 | .5 | 2.0 | 14.2 | .0 |
| ALCOHOLIC BEVERAGE----- | 1.1 | .2 | * | .0 | .1 | .1 | * | .0 | * | .1 | .3 | .0 |
| SOME NUTRITIVE VALUE----- | 3.0 | .7 | .2 | .1 | 1.5 | 3.2 | 3.9 | .1 | .5 | 1.8 | 13.9 | .0 |
| NO NUTRITIVE VALUE----- | .7 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |

† SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 6.—MONEY VALUE AND NUTRIENTS
BY FOOD GROUP ALL SOURCES

NORTH CENTRAL

RURAL FARM

| FOOD GROUP * | MONEY VALUE | FOOD ENERGY | PROTEIN | FAT | CARBO- HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO- FLAVIN | NIACIN | ASCORBIC ACID |
|--|----------------|----------------|---------|-------|-------------------|---------|-------|-----------------------|---------|-----------------|--------|------------------|
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) | (13) |
| | | CAL | G | G | G | MG | MG | IU | MG | MG | MG | MG |
| ALL FOOD GROUPS, AVERAGE AMOUNT----- | 3,679 | 117.6 | 173.3 | 420.9 | 1,192 | 21.9 | 7,240 | 1.75 | 2.61 | 26.7 | 96 | |
| PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME | | | | | | | | | | | | |
| MILK, CREAM, CHEESE----- | 13.9 | 13.3 | 20.6 | 16.5 | 8.4 | 63.4 | 1.1 | 16.1 | 10.5 | 39.4 | 2.4 | 6.3 |
| MILK----- | 8.3 | 8.3 | 14.5 | 9.2 | 5.8 | 48.4 | .1 | 8.9 | 8.7 | 31.8 | 2.0 | 5.4 |
| CREAM, ICE CREAM----- | 3.2 | 3.1 | 1.9 | 4.5 | 2.3 | 6.1 | .2 | 4.4 | 1.2 | 4.0 | .2 | .6 |
| CHEESE----- | 2.1 | 1.7 | 4.0 | 2.7 | .2 | 8.6 | .7 | 2.6 | .4 | 3.3 | * | .0 |
| SOUP, MIXTURES----- | .2 | .2 | .1 | .2 | .1 | .3 | * | .2 | .2 | .3 | .1 | .2 |
| MEAT, POULTRY, FISH----- | 32.8 | 21.7 | 40.5 | 37.7 | .2 | 3.0 | 30.8 | 12.5 | 23.1 | 21.3 | 37.2 | .5 |
| BEEF----- | 16.4 | 9.4 | 20.6 | 15.5 | * | 1.2 | 16.4 | .5 | 3.7 | 7.5 | 17.3 | .0 |
| BACON, SALT PORK----- | 2.0 | 3.5 | 1.3 | 7.8 | * | .2 | 1.0 | .0 | 1.7 | .7 | 1.0 | .0 |
| OTHER PORK----- | 6.1 | 4.3 | 7.3 | 7.8 | * | .4 | 5.8 | .0 | 12.8 | 3.5 | 6.3 | .0 |
| LIVER----- | .2 | * | .5 | * | * | * | 1.3 | 8.5 | .2 | 2.8 | 1.1 | .5 |
| LUNCHMEAT, FRANKFURTERS----- | 3.1 | 2.3 | 3.4 | 4.3 | .1 | .2 | 2.9 | 1.2 | 3.2 | 2.9 | 3.4 | .0 |
| OTHER MEAT----- | .4 | .1 | .5 | .2 | * | * | .3 | * | .2 | .5 | .6 | * |
| POULTRY----- | 2.7 | 1.3 | 4.7 | 1.6 | * | .3 | 2.4 | 2.2 | .8 | 3.0 | 5.2 | * |
| FISH, SHELLFISH----- | 1.8 | .6 | 2.4 | .5 | * | .7 | .6 | * | .5 | .5 | 2.3 | * |
| OTHER PROTEIN FOOD----- | 4.8 | 5.3 | 10.7 | 6.9 | 2.2 | 4.6 | 10.9 | 10.4 | 6.3 | 7.8 | 5.0 | .4 |
| EGGS----- | 2.9 | 2.7 | 6.6 | 4.0 | .1 | 2.7 | 6.3 | 9.8 | 3.2 | 6.6 | .2 | .0 |
| DRY LEGUMES----- | .6 | 1.1 | 2.0 | .3 | 1.6 | 1.3 | 3.4 | .2 | 2.0 | .7 | .8 | .2 |
| NUTS, PEANUT BUTTER----- | .9 | 1.3 | 1.6 | 2.5 | .4 | .4 | .9 | * | .9 | .4 | 3.6 | * |
| SOUP, MIXTURES----- | .3 | .2 | .4 | .2 | .1 | * | .2 | .3 | .2 | .1 | .2 | * |
| ALL VEGETABLES----- | 12.9 | 6.1 | 5.5 | 1.8 | 10.9 | 5.4 | 12.4 | 37.4 | 12.3 | 6.1 | 13.1 | 42.0 |
| POTATOES----- | 3.3 | 3.6 | 2.6 | 1.4 | 6.0 | 1.0 | 4.0 | * | 6.2 | 2.0 | 8.2 | 16.6 |
| DARK GREEN----- | .3 | * | .1 | * | * | .5 | .5 | 5.0 | .2 | .3 | .1 | 2.1 |
| DEEP YELLOW----- | .5 | .2 | .1 | * | .5 | .4 | .5 | 17.9 | .4 | .2 | .3 | 1.0 |
| TOMATOES----- | 1.6 | .5 | .5 | .1 | 1.0 | .4 | 1.4 | 5.9 | 1.5 | .7 | 1.5 | 7.3 |
| OTHER----- | 6.9 | 1.7 | 2.1 | .2 | 3.4 | 3.1 | 5.8 | 7.5 | 3.9 | 2.9 | 2.9 | 14.8 |
| SOUP, MIXTURES----- | .2 | * | .1 | * | * | * | .1 | 1.1 | * | * | .1 | .2 |
| ALL FRUIT----- | 8.2 | 3.8 | 1.1 | .3 | 8.3 | 3.0 | 5.0 | 7.5 | 5.2 | 2.8 | 3.0 | 44.3 |
| CITRUS----- | 1.7 | .8 | .4 | * | 1.6 | 1.0 | .8 | 1.4 | 2.6 | .6 | .7 | 26.9 |
| OTHER VITAMIN C-RICH----- | 1.2 | .2 | * | * | .5 | .3 | .7 | 1.0 | .3 | .4 | .4 | 9.4 |
| OTHER----- | 5.3 | 2.8 | .7 | .2 | 6.2 | 1.7 | 3.5 | 5.1 | 2.3 | 1.9 | 1.9 | 8.0 |
| MIXTURES----- | * | * | * | * | * | * | * | * | * | * | * | * |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP ALL SOURCES--CONTINUED

NORTH CENTRAL

RURAL FARM

| FOOD GROUP * | MONEY VALUE | FOOD ENERGY | PROTEIN | FAT | CARBO- HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO- FLAVIN | NIACIN | ASCORBIC ACID |
|--|----------------|----------------|---------|------|-------------------|---------|------|-----------------------|---------|-----------------|--------|------------------|
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) | (13) |
| PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME | | | | | | | | | | | | |
| GRAIN, ENRICHED OR WHOLE GRAIN----- | 7.0 | 17.7 | 16.4 | 3.0 | 30.8 | 10.5 | 28.2 | .2 | 38.4 | 16.9 | 21.8 | .5 |
| FLOUR----- | 1.2 | 6.8 | 6.1 | .5 | 12.5 | 1.9 | 9.2 | * | 13.9 | 6.5 | 8.1 | .0 |
| CEREAL, PASTES----- | 2.3 | 4.0 | 3.5 | .6 | 7.2 | 2.2 | 8.9 | .1 | 11.5 | 3.1 | 5.6 | .3 |
| BREAD----- | 2.8 | 5.9 | 6.0 | 1.5 | 9.7 | 5.7 | 9.2 | .0 | 11.6 | 6.4 | 7.3 | .0 |
| OTHER BAKERY PRODUCTS----- | .7 | 1.0 | .8 | .5 | 1.4 | .6 | 1.0 | .1 | 1.4 | .9 | .8 | .2 |
| GRAIN, NOT ENRICHED OR WHOLE GRAIN-- | 4.4 | 6.9 | 3.8 | 4.3 | 10.1 | 3.7 | 3.2 | .9 | 2.6 | 2.2 | 2.0 | .2 |
| FLOUR----- | .6 | 1.3 | .5 | .7 | 2.2 | 1.2 | .4 | * | .2 | .4 | .2 | * |
| CEREAL, PASTES----- | .2 | .5 | .5 | .1 | 1.0 | .1 | .4 | * | .8 | .2 | .3 | .0 |
| BREAD----- | .2 | .3 | .3 | * | .5 | .3 | .3 | * | .3 | .1 | .2 | .0 |
| OTHER BAKERY PRODUCTS----- | 2.8 | 4.2 | 2.1 | 3.1 | 5.8 | 1.7 | 1.8 | .4 | 1.1 | 1.2 | 1.0 | * |
| SOUP, MIXTURES----- | .7 | .5 | .4 | .4 | .6 | .3 | .3 | .4 | .3 | .3 | .3 | .2 |
| FATS, OILS----- | 4.2 | 11.9 | .2 | 28.1 | .3 | .6 | .1 | 14.0 | * | * | * | * |
| BUTTER----- | 2.0 | 3.3 | * | 7.8 | * | .3 | .0 | 7.6 | .0 | .0 | .0 | .0 |
| MARGARINE----- | .7 | 2.6 | * | 6.3 | * | .2 | .0 | 6.1 | .0 | .0 | .0 | .0 |
| OIL, SALAD DRESSING----- | .7 | 1.9 | * | 4.3 | .2 | .1 | .1 | .2 | * | * | * | * |
| LARD----- | .4 | 2.6 | * | 6.1 | * | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| VEGETABLE SHORTENING----- | .4 | 1.5 | * | 3.6 | * | .0 | .0 | * | .0 | .0 | .0 | .0 |
| SUGAR, SWEETS----- | 6.7 | 12.4 | .9 | 1.1 | 26.9 | 2.6 | 4.1 | .8 | .9 | 1.0 | .7 | 5.8 |
| SUGAR, SIRUP, JELLY, CANDY----- | 4.1 | 10.7 | .5 | 1.1 | 23.2 | 2.2 | 3.9 | .1 | .7 | .9 | .6 | .5 |
| OTHER SWEETS-- | | | | | | | | | | | | |
| ADDED VITAMIN C----- | .5 | .4 | * | * | .9 | .3 | .1 | .6 | .2 | * | * | 5.3 |
| NO ADDED VITAMIN C----- | 2.2 | 1.3 | .3 | * | 2.9 | .1 | .1 | * | * | * | * | .1 |
| OTHER FOOD----- | 5.0 | 1.0 | .3 | .1 | 1.7 | 3.3 | 4.1 | .2 | .7 | 2.3 | 14.8 | .0 |
| ALCOHOLIC BEVERAGE----- | 1.1 | .2 | * | .0 | .1 | * | * | .0 | * | .2 | .4 | .0 |
| SOME NUTRITIVE VALUE----- | 3.2 | .7 | .2 | .1 | 1.6 | 3.2 | 4.1 | .2 | .7 | 2.2 | 14.4 | .0 |
| NO NUTRITIVE VALUE----- | .6 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP ALL SOURCES

NORTH CENTRAL

RURAL FARM

| FOOD GROUP * | MONEY VALUE | FOOD ENERGY | PROTEIN | FAT | CARBO- HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO- FLAVIN | NIACIN | ASCORBIC ACID |
|--|----------------|----------------|---------|-------|-------------------|---------|-------|-----------------------|---------|-----------------|--------|------------------|
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) | (13) |
| | | CAL | G | G | G | MG | MG | IU | MG | MG | MG | MG |
| ALL FOOD GROUPS, AVERAGE AMOUNT----- | 3,861 | 121.9 | 178.7 | 452.5 | 1,265 | 22.4 | 8,540 | 1.83 | 2.78 | 28.3 | 125 | |
| PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME | | | | | | | | | | | | |
| MILK, CREAM, CHEESE----- | 13.7 | 13.6 | 21.0 | 17.0 | 8.6 | 63.6 | 1.1 | 14.6 | 10.9 | 39.7 | 2.5 | 5.4 |
| MILK----- | 8.6 | 8.7 | 15.2 | 9.8 | 5.8 | 49.1 | .1 | 8.3 | 9.0 | 32.3 | 2.0 | 4.6 |
| CREAM, ICE CREAM----- | 3.2 | 3.3 | 2.0 | 4.6 | 2.5 | 6.3 | .2 | 3.9 | 1.2 | 4.2 | .2 | .6 |
| CHEESE----- | 1.7 | 1.5 | 3.6 | 2.4 | .1 | 7.7 | .7 | 2.1 | .3 | 2.9 | .1 | .0 |
| SOUP, MIXTURES----- | .2 | .2 | .1 | .2 | .2 | .4 | .1 | .2 | .3 | .3 | .1 | .3 |
| MEAT, POULTRY, FISH----- | 31.8 | 19.8 | 39.6 | 34.2 | .3 | 2.9 | 30.3 | 10.0 | 21.3 | 20.8 | 35.7 | .4 |
| BEEF----- | 14.9 | 8.2 | 18.6 | 13.7 | * | 1.0 | 15.0 | .4 | 3.2 | 6.6 | 15.3 | .0 |
| BACON, SALT PORK----- | 2.0 | 3.1 | 1.2 | 7.1 | * | .2 | .9 | .0 | 1.6 | .7 | 1.0 | .0 |
| OTHER PORK----- | 6.0 | 3.7 | 6.7 | 6.7 | * | .4 | 5.4 | .0 | 11.2 | 3.1 | 5.6 | .0 |
| LIVER----- | .2 | .1 | .4 | .1 | * | * | 1.4 | 6.2 | .2 | 2.6 | 1.1 | .4 |
| LUNCHMEAT, FRANKFURTERS----- | 2.8 | 2.2 | 3.2 | 4.0 | .1 | .2 | 2.7 | .6 | 3.2 | 2.5 | 3.1 | .0 |
| OTHER MEAT----- | 1.0 | .4 | 1.0 | .5 | * | .1 | .6 | * | .3 | .6 | 1.2 | * |
| POULTRY----- | 3.4 | 1.6 | 6.5 | 1.7 | * | .4 | 3.5 | 2.7 | 1.0 | 4.3 | 6.8 | .0 |
| FISH, SHELLFISH----- | 1.4 | .5 | 2.0 | .4 | .1 | .6 | .5 | .1 | .4 | .4 | 1.7 | * |
| OTHER PROTEIN FOOD----- | 4.2 | 4.7 | 9.9 | 6.5 | 1.7 | 3.8 | 9.4 | 8.1 | 5.2 | 6.7 | 4.7 | .2 |
| EGGS----- | 2.4 | 2.4 | 6.0 | 3.6 | .1 | 2.4 | 5.8 | 7.8 | 2.8 | 5.7 | .2 | .0 |
| DRY LEGUMES----- | .4 | .8 | 1.5 | .2 | 1.2 | 1.0 | 2.6 | .2 | 1.4 | .5 | .6 | .2 |
| NUTS, PEANUT BUTTER----- | .9 | 1.3 | 1.6 | 2.5 | .3 | .4 | .9 | * | .9 | .4 | 3.7 | * |
| SOUP, MIXTURES----- | .4 | .2 | .8 | .1 | .1 | * | .1 | .1 | .1 | .1 | .1 | * |
| ALL VEGETABLES----- | 16.4 | 7.3 | 7.4 | 2.2 | 12.9 | 7.1 | 15.7 | 38.0 | 17.3 | 8.9 | 16.4 | 54.9 |
| POTATOES----- | 3.2 | 3.6 | 2.6 | 1.5 | 5.8 | 1.0 | 4.2 | * | 6.3 | 2.0 | 8.2 | 13.6 |
| DARK GREEN----- | .5 | .1 | .1 | * | .1 | .3 | .5 | 2.9 | .3 | .3 | .1 | 3.3 |
| DEEP YELLOW----- | .5 | .2 | .1 | * | .4 | .4 | .5 | 14.3 | .4 | .3 | .3 | .9 |
| TOMATOES----- | 4.1 | .9 | 1.0 | .2 | 1.6 | 1.1 | 2.8 | 11.9 | 3.6 | 1.6 | 3.1 | 17.6 |
| OTHER----- | 8.0 | 2.6 | 3.4 | .5 | 4.9 | 4.3 | 7.6 | 8.2 | 6.8 | 4.7 | 4.7 | 19.5 |
| SOUP, MIXTURES----- | .2 | .1 | .1 | * | .1 | * | .1 | .7 | .1 | * | .1 | .1 |
| ALL FRUIT----- | 7.6 | 3.6 | 1.3 | .3 | 7.7 | 2.5 | 5.6 | 14.6 | 5.3 | 2.9 | 3.5 | 32.9 |
| CITRUS----- | 1.4 | .6 | .3 | * | 1.3 | .7 | .7 | 1.1 | 2.2 | .4 | .6 | 18.2 |
| OTHER VITAMIN C-RICH----- | .9 | .2 | .1 | * | .4 | .2 | .4 | 5.3 | .4 | .3 | .4 | 5.7 |
| OTHER----- | 5.4 | 2.8 | .8 | .3 | 6.0 | 1.6 | 4.5 | 8.2 | 2.7 | 2.3 | 2.5 | 9.0 |
| MIXTURES----- | * | * | * | * | * | * | * | * | * | * | * | * |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP ALL SOURCES--CONTINUED

NORTH CENTRAL

RURAL FARM

| FOOD GROUP * | MONEY VALUE | FOOD ENERGY | PROTEIN | FAT | CARBO- HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO- FLAVIN | NIACIN | ASCORBIC ACID |
|--|----------------|----------------|---------|------|-------------------|---------|------|-----------------------|---------|-----------------|--------|------------------|
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) | (13) |
| PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME | | | | | | | | | | | | |
| GRAIN, ENRICHED OR WHOLE GRAIN----- | 6.4 | 16.8 | 15.6 | 3.0 | 28.7 | 9.6 | 26.6 | .2 | 36.2 | 15.8 | 20.5 | .5 |
| FLOUR----- | 1.0 | 6.1 | 5.5 | .4 | 10.8 | 1.7 | 8.4 | * | 12.4 | 5.7 | 7.1 | .0 |
| CEREAL, PASTES----- | 2.0 | 3.8 | 3.3 | .5 | 6.9 | 1.7 | 7.7 | .1 | 10.8 | 3.1 | 5.3 | .5 |
| BREAD----- | 2.7 | 5.9 | 6.1 | 1.5 | 9.4 | 5.6 | 9.3 | * | 11.6 | 6.2 | 7.2 | .0 |
| OTHER BAKERY PRODUCTS----- | .7 | 1.0 | .8 | .6 | 1.5 | .5 | 1.0 | * | 1.4 | .8 | .8 | .1 |
| GRAIN, NOT ENRICHED OR WHOLE GRAIN-- | 4.3 | 6.9 | 4.0 | 4.3 | 10.1 | 3.8 | 3.3 | .8 | 2.5 | 2.1 | 2.0 | .2 |
| FLOUR----- | .5 | 1.2 | .5 | .6 | 2.0 | 1.1 | .4 | * | .2 | .3 | .2 | .0 |
| CEREAL, PASTES----- | .2 | .5 | .4 | .1 | .8 | * | .4 | * | .7 | .1 | .3 | .0 |
| BREAD----- | .2 | .3 | .3 | .1 | .6 | .3 | .3 | * | .3 | .1 | .2 | .0 |
| OTHER BAKERY PRODUCTS----- | 2.7 | 4.4 | 2.3 | 3.2 | 6.0 | 1.9 | 1.9 | .4 | 1.0 | 1.2 | 1.0 | * |
| SOUP, MIXTURES----- | .6 | .5 | .4 | .4 | .6 | .4 | .3 | .4 | .2 | .3 | .3 | .2 |
| FATS, OILS----- | 3.9 | 13.0 | .3 | 31.3 | .3 | .6 | .1 | 12.7 | .1 | .1 | * | * |
| BUTTER----- | 1.7 | 2.9 | .1 | 7.1 | * | .2 | .0 | 6.1 | .0 | .0 | .0 | .0 |
| MARGARINE----- | .7 | 3.1 | .1 | 7.5 | * | .3 | .0 | 6.4 | .0 | .0 | .0 | .0 |
| OIL, SALAD DRESSING----- | .7 | 2.2 | .1 | 5.0 | .2 | .1 | .1 | .2 | .1 | .1 | * | * |
| LARD----- | .4 | 3.1 | * | 7.5 | * | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| VEGETABLE SHORTENING----- | .4 | 1.7 | * | 4.2 | * | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| SUGAR, SWEETS----- | 6.3 | 13.2 | .7 | 1.1 | 28.2 | 2.8 | 4.2 | .9 | .8 | 1.0 | .7 | 5.4 |
| SUGAR, SIRUP, JELLY, CANDY----- | 3.9 | 11.5 | .5 | 1.0 | 24.4 | 2.1 | 3.9 | .1 | .7 | .9 | .6 | .4 |
| OTHER SWEETS-- | | | | | | | | | | | | |
| ADDED VITAMIN C----- | .5 | .5 | * | * | 1.1 | .6 | .2 | .7 | .2 | * | .1 | 4.9 |
| NO ADDED VITAMIN C----- | 1.9 | 1.2 | .2 | * | 2.7 | .1 | .1 | * | * | * | * | * |
| OTHER FOOD----- | 5.4 | 1.0 | .2 | .1 | 1.6 | 3.3 | 3.8 | .1 | .4 | 1.9 | 14.1 | .0 |
| ALCOHOLIC BEVERAGE----- | 1.6 | .3 | * | .0 | .1 | .1 | * | .0 | * | .2 | .3 | .0 |
| SOME NUTRITIVE VALUE----- | 2.9 | .7 | .2 | .1 | 1.4 | 3.2 | 3.8 | .1 | .4 | 1.7 | 13.7 | .0 |
| NO NUTRITIVE VALUE----- | .9 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP ALL SOURCES

NORTH CENTRAL

RURAL FARM

| FOOD GROUP * | MONEY VALUE | FOOD ENERGY | PROTEIN | FAT | CARBO- HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO- FLAVIN | NIACIN | ASCORBIC ACID |
|--|----------------|----------------|---------|-------|-------------------|---------|-------|-----------------------|---------|-----------------|--------|------------------|
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) | (13) |
| | | CAL | G | G | G | MG | MG | IU | MG | MG | MG | MG |
| ALL FOOD GROUPS, AVERAGE AMOUNT----- | 3,682 | 116.3 | 173.6 | 423.5 | 1,182 | 21.4 | 7,660 | 1.72 | 2.62 | 26.6 | 89 | |
| PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME | | | | | | | | | | | | |
| MILK, CREAM, CHEESE----- | 13.8 | 13.2 | 20.6 | 16.3 | 8.2 | 64.5 | 1.0 | 15.0 | 10.8 | 40.0 | 2.5 | 7.2 |
| MILK----- | 9.2 | 9.0 | 15.6 | 10.2 | 6.1 | 51.8 | .1 | 9.4 | 9.3 | 33.7 | 2.1 | 6.3 |
| CREAM, ICE CREAM----- | 2.6 | 2.6 | 1.6 | 3.6 | 1.9 | 5.2 | .2 | 3.4 | 1.0 | 3.4 | .2 | .6 |
| CHEESE----- | 1.7 | 1.4 | 3.2 | 2.2 | .1 | 7.2 | .6 | 2.1 | .3 | 2.7 | .1 | .0 |
| SOUP, MIXTURES----- | .3 | .2 | .1 | .2 | .1 | .4 | .1 | .2 | .2 | .3 | .1 | .3 |
| MEAT, POULTRY, FISH----- | 35.4 | 20.7 | 40.4 | 35.5 | .2 | 3.0 | 30.1 | 13.0 | 19.8 | 21.1 | 38.1 | .5 |
| BEEF----- | 17.7 | 9.3 | 20.1 | 15.5 | * | 1.2 | 16.3 | .5 | 3.6 | 7.2 | 16.8 | .0 |
| BACON, SALT PORK----- | 2.3 | 3.2 | 1.2 | 7.1 | * | .2 | .9 | .0 | 1.6 | .7 | 1.0 | .0 |
| OTHER PORK----- | 5.6 | 3.2 | 5.2 | 5.9 | * | .3 | 4.2 | .0 | 9.3 | 2.5 | 4.5 | .0 |
| LIVER----- | .2 | .1 | .4 | .1 | * | * | 1.2 | 8.2 | .2 | 2.7 | 1.1 | .5 |
| LUNCHMEAT, FRANKFURTERS----- | 2.8 | 1.9 | 2.8 | 3.4 | .1 | .2 | 2.5 | 1.2 | 2.8 | 2.6 | 2.9 | .0 |
| OTHER MEAT----- | .9 | .2 | 1.0 | .3 | * | .1 | .5 | * | .5 | .8 | 1.4 | * |
| POULTRY----- | 4.2 | 2.2 | 7.5 | 2.8 | * | .5 | 3.7 | 2.9 | 1.3 | 4.1 | 8.3 | .0 |
| FISH, SHELLFISH----- | 1.7 | .5 | 2.1 | .5 | * | .7 | .6 | .1 | .5 | .4 | 2.2 | * |
| OTHER PROTEIN FOOD----- | 5.2 | 5.0 | 10.1 | 6.8 | 2.0 | 4.2 | 10.5 | 9.4 | 6.2 | 7.5 | 4.5 | .3 |
| EGGS----- | 3.2 | 2.6 | 6.5 | 3.9 | .1 | 2.7 | 6.3 | 9.0 | 3.1 | 6.3 | .2 | .0 |
| DRY LEGUMES----- | .5 | .9 | 1.7 | .2 | 1.4 | 1.1 | 3.0 | .1 | 1.7 | .6 | .7 | .2 |
| NUTS, PEANUT BUTTER----- | 1.1 | 1.4 | 1.5 | 2.6 | .4 | .4 | .9 | * | 1.1 | .4 | 3.3 | * |
| SOUP, MIXTURES----- | .3 | .2 | .4 | .2 | .1 | .1 | .2 | .3 | .2 | .1 | .2 | .1 |
| ALL VEGETABLES----- | 11.6 | 6.4 | 5.7 | 1.6 | 11.6 | 5.4 | 12.5 | 40.3 | 13.1 | 6.1 | 13.6 | 49.8 |
| POTATOES----- | 2.1 | 3.5 | 2.7 | 1.2 | 6.1 | 1.0 | 4.3 | * | 6.6 | 2.1 | 8.5 | 19.2 |
| DARK GREEN----- | .3 | * | .1 | * | * | .1 | .2 | 1.6 | .1 | .1 | .1 | 1.7 |
| DEEP YELLOW----- | .8 | .5 | .3 | * | 1.0 | .7 | .8 | 25.9 | .8 | .6 | .5 | 2.8 |
| TOMATOES----- | 2.1 | .5 | .5 | .1 | 1.0 | .5 | 1.6 | 6.4 | 1.8 | .8 | 1.7 | 9.8 |
| OTHER----- | 6.1 | 1.7 | 2.0 | .2 | 3.4 | 3.1 | 5.5 | 5.0 | 3.7 | 2.4 | 2.6 | 16.0 |
| SOUP, MIXTURES----- | .3 | .1 | .2 | .1 | .1 | .1 | .2 | 1.3 | .1 | .1 | .2 | .2 |
| ALL FRUIT----- | 7.6 | 4.3 | 1.0 | .3 | 9.5 | 2.2 | 4.9 | 5.5 | 5.6 | 2.5 | 2.6 | 37.7 |
| CITRUS----- | 1.6 | .8 | .4 | * | 1.7 | .9 | .8 | 1.3 | 2.6 | .5 | .7 | 28.4 |
| OTHER VITAMIN C-RICH----- | .3 | .1 | * | * | .2 | * | .1 | .2 | * | .1 | .1 | 1.8 |
| OTHER----- | 5.7 | 3.4 | .7 | .2 | 7.6 | 1.3 | 4.0 | 4.0 | 3.0 | 1.9 | 1.9 | 7.5 |
| MIXTURES----- | * | * | * | * | * | * | * | * | * | * | * | * |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP ALL SOURCES--CONTINUED

NORTH CENTRAL

RURAL FARM

| FOOD GROUP # | MONEY VALUE | FOOD ENERGY | PROTEIN | FAT | CARBO- HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO- FLAVIN | NIACIN | ASCORBIC ACID |
|--|----------------|----------------|---------|------|-------------------|---------|------|-----------------------|---------|-----------------|--------|------------------|
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) | (13) |
| PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME | | | | | | | | | | | | |
| GRAIN, ENRICHED OR WHOLE GRAIN----- | 7.1 | 18.2 | 17.1 | 3.2 | 31.5 | 10.9 | 29.1 | .1 | 40.2 | 17.9 | 22.4 | .5 |
| FLOUR----- | 1.3 | 7.2 | 6.5 | .5 | 13.0 | 2.3 | 9.9 | * | 14.8 | 6.9 | 8.5 | .0 |
| CEREAL, PASTES----- | 2.2 | 3.9 | 3.6 | .6 | 7.1 | 2.1 | 8.6 | .1 | 12.0 | 3.6 | 5.6 | .4 |
| BREAD----- | 2.9 | 6.1 | 6.3 | 1.5 | 9.9 | 5.9 | 9.7 | .0 | 12.1 | 6.6 | 7.6 | .0 |
| OTHER BAKERY PRODUCTS----- | .7 | 1.0 | .7 | .6 | 1.5 | .6 | 1.0 | .1 | 1.3 | .8 | .8 | .1 |
| GRAIN, NOT ENRICHED OR WHOLE GRAIN-- | 4.0 | 5.9 | 3.4 | 3.7 | 8.5 | 2.8 | 3.1 | .6 | 2.6 | 1.8 | 1.9 | .2 |
| FLOUR----- | .5 | 1.1 | .4 | .6 | 1.8 | 1.0 | .4 | * | .2 | .3 | .1 | .0 |
| CEREAL, PASTES----- | .2 | .5 | .5 | .1 | 1.0 | .1 | .5 | * | .9 | .2 | .4 | .0 |
| BREAD----- | .2 | .2 | .3 | * | .4 | .2 | .2 | * | .3 | .1 | .2 | .0 |
| OTHER BAKERY PRODUCTS----- | 2.3 | 3.5 | 1.8 | 2.6 | 4.8 | 1.3 | 1.6 | .3 | .9 | 1.0 | .9 | * |
| SOUP, MIXTURES----- | .7 | .4 | .4 | .4 | .5 | .3 | .4 | .3 | .3 | .2 | .4 | .2 |
| FATS, OILS----- | 4.6 | 13.0 | .3 | 30.8 | .3 | .7 | .1 | 15.3 | * | .1 | * | * |
| BUTTER----- | 2.2 | 3.4 | .1 | 8.2 | * | .3 | .0 | 7.6 | .0 | .0 | .0 | .0 |
| MARGARINE----- | .9 | 3.4 | .1 | 8.2 | * | .3 | .0 | 7.5 | .0 | .0 | .0 | .0 |
| OIL, SALAD DRESSING----- | .6 | 1.8 | .1 | 4.0 | .2 | .1 | .1 | .2 | * | .1 | * | * |
| LARD----- | .4 | 2.6 | * | 6.1 | * | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| VEGETABLE SHORTENING----- | .5 | 1.8 | * | 4.4 | * | .0 | .0 | * | .0 | .0 | .0 | .0 |
| SUGAR, SWEETS----- | 6.4 | 12.6 | 1.1 | 1.7 | 26.6 | 3.2 | 5.1 | .7 | 1.3 | 1.3 | 1.1 | 3.8 |
| SUGAR, SIRUP, JELLY, CANDY----- | 4.9 | 11.5 | .8 | 1.6 | 24.2 | 2.9 | 4.9 | .2 | 1.2 | 1.3 | 1.0 | .5 |
| OTHER SWEETS-- | | | | | | | | | | | | |
| ADDED VITAMIN C----- | .2 | .1 | * | * | .3 | .2 | .1 | .6 | .1 | * | * | 3.2 |
| NO ADDED VITAMIN C----- | 1.4 | 1.0 | .3 | * | 2.1 | .1 | .1 | * | * | * | * | .1 |
| OTHER FOOD----- | 4.3 | .8 | .3 | .1 | 1.6 | 3.0 | 3.7 | * | .4 | 1.8 | 13.2 | .0 |
| ALCOHOLIC BEVERAGE----- | .7 | .2 | * | .0 | .1 | * | * | .0 | * | .1 | .2 | .0 |
| SOME NUTRITIVE VALUE----- | 2.9 | .7 | .3 | .1 | 1.5 | 3.0 | 3.6 | * | .4 | 1.7 | 13.0 | .0 |
| NO NUTRITIVE VALUE----- | .6 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP ALL SOURCES

NORTH CENTRAL

RURAL FARM

| FOOD GROUP * | MONEY VALUE | FOOD ENERGY | PROTEIN | FAT | CARBO- HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO- FLAVIN | NIACIN | ASCORBIC ACID |
|--|----------------|----------------|---------|-------|-------------------|---------|-------|-----------------------|---------|-----------------|--------|------------------|
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) | (13) |
| | | CAL | G | G | G | MG | MG | IU | MG | MG | MG | MG |
| ALL FOOD GROUPS, AVERAGE AMOUNT----- | 3,568 | 113.3 | 164.6 | 418.1 | 1,264 | 20.8 | 7,690 | 1.73 | 2.67 | 25.7 | 102 | |
| PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME | | | | | | | | | | | | |
| MILK, CREAM, CHEESE----- | 15.5 | 14.8 | 23.7 | 18.2 | 9.4 | 66.7 | 1.2 | 15.9 | 12.4 | 44.0 | 2.9 | 7.0 |
| MILK----- | 10.3 | 10.2 | 18.0 | 11.4 | 6.9 | 54.1 | .2 | 9.9 | 10.6 | 37.0 | 2.5 | 6.1 |
| CREAM, ICE CREAM----- | 3.0 | 2.9 | 1.8 | 4.1 | 2.1 | 5.2 | .2 | 3.6 | 1.1 | 3.6 | .2 | .6 |
| CHEESE----- | 2.0 | 1.6 | 3.7 | 2.4 | .1 | 6.9 | .7 | 2.1 | .4 | 2.9 | .1 | .0 |
| SOUP, MIXTURES----- | .3 | .2 | .2 | .2 | .2 | .5 | .2 | .3 | .3 | .4 | .2 | .3 |
| MEAT, POULTRY, FISH----- | 33.6 | 19.0 | 36.7 | 33.4 | .2 | 2.4 | 28.4 | 14.9 | 18.7 | 19.1 | 34.3 | .7 |
| BEEF----- | 17.1 | 8.9 | 19.4 | 15.0 | * | 1.0 | 15.7 | .5 | 3.4 | 6.7 | 16.4 | .0 |
| BACON, SALT PORK----- | 1.9 | 2.7 | .9 | 6.1 | * | .1 | .7 | .0 | 1.2 | .5 | .8 | .0 |
| OTHER PORK----- | 6.6 | 3.6 | 5.7 | 6.9 | * | .3 | 4.7 | .0 | 10.2 | 2.7 | 5.0 | .0 |
| LIVER----- | .3 | .1 | .7 | .1 | * | * | 1.9 | 12.1 | .3 | 4.0 | 1.7 | .7 |
| LUNCHMEAT, FRANKFURTERS----- | 2.4 | 1.6 | 2.4 | 3.0 | .1 | .1 | 2.0 | .4 | 2.1 | 1.8 | 2.3 | .0 |
| OTHER MEAT----- | .9 | .2 | .8 | .2 | * | .1 | .5 | * | .3 | .6 | 1.1 | * |
| POULTRY----- | 2.6 | 1.3 | 4.5 | 1.6 | * | .2 | 2.3 | 1.9 | .7 | 2.5 | 5.0 | * |
| FISH, SHELLFISH----- | 1.7 | .5 | 2.2 | .4 | .1 | .5 | .6 | .1 | .5 | .4 | 2.1 | * |
| OTHER PROTEIN FOOD----- | 5.1 | 4.8 | 9.6 | 6.5 | 1.9 | 3.7 | 9.8 | 8.5 | 5.4 | 6.6 | 4.8 | .4 |
| EGGS----- | 3.1 | 2.4 | 5.9 | 3.6 | .1 | 2.2 | 5.8 | 8.0 | 2.8 | 5.5 | .2 | .0 |
| DRY LEGUMES----- | .5 | .9 | 1.7 | .2 | 1.3 | 1.0 | 2.9 | .2 | 1.6 | .5 | .7 | .2 |
| NUTS, PEANUT BUTTER----- | 1.0 | 1.3 | 1.5 | 2.4 | .3 | .4 | .8 | * | .8 | .4 | 3.4 | * |
| SOUP, MIXTURES----- | .2 | .1 | .2 | .1 | .1 | .1 | .2 | .2 | .1 | .1 | .1 | * |
| ALL VEGETABLES----- | 11.6 | 6.6 | 6.0 | 1.7 | 11.8 | 4.8 | 13.5 | 38.6 | 12.9 | 5.9 | 14.4 | 39.9 |
| POTATOES----- | 2.4 | 3.8 | 2.8 | 1.3 | 6.3 | 1.0 | 4.5 | * | 6.6 | 2.1 | 8.9 | 16.7 |
| DARK GREEN----- | .2 | * | .1 | * | * | .2 | .3 | 2.0 | .1 | .1 | .1 | .9 |
| DEEP YELLOW----- | .7 | .3 | .2 | * | .7 | .5 | .7 | 22.7 | .6 | .4 | .5 | 1.7 |
| TOMATOES----- | 1.8 | .6 | .6 | .1 | 1.1 | .4 | 2.0 | 6.8 | 1.9 | .8 | 2.0 | 8.5 |
| OTHER----- | 6.2 | 1.8 | 2.1 | .2 | 3.6 | 2.6 | 5.9 | 5.6 | 3.6 | 2.4 | 2.8 | 11.9 |
| SOUP, MIXTURES----- | .3 | .1 | .1 | .1 | .1 | .1 | .2 | 1.4 | .1 | .1 | .2 | .2 |
| ALL FRUIT----- | 8.2 | 4.5 | 1.3 | .3 | 9.8 | 2.8 | 5.3 | 6.5 | 6.7 | 2.7 | 3.2 | 47.9 |
| CITRUS----- | 2.4 | 1.2 | .6 | .1 | 2.5 | 1.6 | 1.3 | 2.1 | 4.1 | .8 | 1.1 | 38.6 |
| OTHER VITAMIN C-RICH----- | .5 | .2 | * | * | .4 | .1 | .2 | * | .1 | .1 | .1 | 2.7 |
| OTHER----- | 5.3 | 3.2 | .7 | .2 | 6.9 | 1.2 | 3.7 | 4.4 | 2.5 | 1.7 | 2.0 | 6.6 |
| MIXTURES----- | * | * | * | * | * | * | * | * | * | * | * | * |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP

ALL SOURCES--CONTINUED

NORTH CENTRAL

RURAL FARM

| FOOD GROUP * | MONEY VALUE | FOOD ENERGY | PROTEIN | FAT | CARBO- HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO- FLAVIN | NIACIN | ASCORBIC ACID |
|--|----------------|----------------|---------|------|-------------------|---------|------|-----------------------|---------|-----------------|--------|------------------|
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) | (13) |
| PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME | | | | | | | | | | | | |
| GRAIN, ENRICHED OR WHOLE GRAIN----- | 7.2 | 18.8 | 17.6 | 3.3 | 32.0 | 10.2 | 29.5 | .1 | 39.5 | 16.9 | 22.7 | .1 |
| FLOUR----- | 1.3 | 7.5 | 6.8 | .5 | 13.4 | 2.4 | 10.4 | * | 15.1 | 6.9 | 9.0 | .0 |
| CEREAL, PASTES----- | 2.3 | 4.4 | 4.0 | .8 | 7.7 | 2.0 | 8.7 | .1 | 11.7 | 3.1 | 5.5 | .1 |
| BREAD----- | 3.1 | 6.1 | 6.2 | 1.6 | 9.8 | 5.4 | 9.6 | * | 11.7 | 6.3 | 7.6 | .0 |
| OTHER BAKERY PRODUCTS----- | .5 | .8 | .6 | .4 | 1.2 | .5 | .7 | * | 1.0 | .6 | .6 | * |
| GRAIN, NOT ENRICHED OR WHOLE GRAIN-- | 4.0 | 6.4 | 3.7 | 4.1 | 9.2 | 2.8 | 3.3 | .7 | 2.6 | 1.9 | 2.1 | .2 |
| FLOUR----- | .6 | 1.2 | .4 | .6 | 1.9 | .9 | .3 | * | .1 | .3 | .1 | .0 |
| CEREAL, PASTES----- | .2 | .6 | .5 | .1 | 1.0 | .1 | .6 | * | 1.0 | .2 | .4 | .0 |
| BREAD----- | .2 | .2 | .2 | * | .4 | .2 | .2 | * | .3 | .1 | .2 | .0 |
| OTHER BAKERY PRODUCTS----- | 2.5 | 4.0 | 2.0 | 3.0 | 5.4 | 1.3 | 1.8 | .3 | 1.0 | 1.0 | 1.0 | .0 |
| SOUP, MIXTURES----- | .6 | .4 | .4 | .3 | .5 | .3 | .3 | .4 | .2 | .2 | .3 | .2 |
| FATS, OILS----- | 4.4 | 12.8 | .2 | 31.1 | .2 | .6 | .1 | 14.1 | * | .1 | * | * |
| BUTTER----- | 2.0 | 3.1 | .1 | 7.6 | * | .2 | .0 | 6.6 | .0 | .0 | .0 | .0 |
| MARGARINE----- | .9 | 3.4 | .1 | 8.4 | * | .3 | .0 | 7.3 | .0 | .0 | .0 | .0 |
| OIL, SALAD DRESSING----- | .6 | 1.8 | * | 4.2 | .2 | .1 | .1 | .1 | * | .1 | * | * |
| LARD----- | .4 | 2.5 | * | 6.0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| VEGETABLE SHORTENING----- | .5 | 2.0 | * | 4.9 | * | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| SUGAR, SWEETS----- | 6.1 | 11.4 | 1.0 | 1.4 | 23.8 | 2.6 | 4.9 | .7 | 1.1 | 1.1 | .9 | 3.8 |
| SUGAR, SIRUP, JELLY, CANDY----- | 4.2 | 10.0 | .7 | 1.3 | 20.8 | 2.2 | 4.7 | .1 | 1.0 | 1.0 | .9 | .4 |
| OTHER SWEETS-- | | | | | | | | | | | | |
| ADDED VITAMIN C----- | .3 | .2 | * | * | .4 | .3 | .1 | .6 | .1 | * | * | 3.3 |
| NO ADDED VITAMIN C----- | 1.7 | 1.2 | .3 | * | 2.5 | .1 | .1 | * | * | * | * | * |
| OTHER FOOD----- | 4.2 | .9 | .3 | .1 | 1.6 | 3.5 | 4.0 | * | .7 | 1.8 | 14.7 | .0 |
| ALCOHOLIC BEVERAGE----- | .6 | .1 | * | .0 | .1 | * | .0 | .0 | * | .1 | .1 | .0 |
| SOME NUTRITIVE VALUE----- | 3.0 | .7 | .3 | .1 | 1.6 | 3.4 | 4.0 | * | .7 | 1.8 | 14.5 | .0 |
| NO NUTRITIVE VALUE----- | .6 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP HOME-PRODUCED

NORTH CENTRAL

RURAL FARM

| FOOD GROUP † | MONEY VALUE | FOOD ENERGY | PROTEIN | FAT | CARBO- HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO- FLAVIN | NIACIN | ASCORBIC ACID |
|--|----------------|----------------|---------|------|-------------------|---------|------|-----------------------|---------|-----------------|--------|------------------|
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) | (13) |
| | | CAL | G | G | G | MG | MG | IU | MG | MG | MG | MG |
| ALL FOOD GROUPS, AVERAGE AMOUNT----- | | 861 | 41.4 | 54.3 | 53.4 | 403 | 6.0 | 2,980 | .42 | .95 | 7.3 | 35 |
| PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME | | | | | | | | | | | | |
| MILK, CREAM, CHEESE----- | 5.6 | 5.2 | 8.3 | 6.6 | 3.1 | 26.4 | * | 6.0 | 4.9 | 17.6 | 1.1 | 2.9 |
| MILK----- | 4.9 | 4.7 | 8.1 | 5.5 | 3.1 | 25.9 | * | 5.0 | 4.8 | 17.2 | 1.1 | 2.9 |
| CREAM, ICE CREAM----- | .6 | .5 | .1 | 1.1 | .1 | .5 | * | 1.0 | .1 | .3 | * | .1 |
| CHEESE----- | * | * | .1 | * | * | * | * | * | * | * | * | .0 |
| SOUP, MIXTURES----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| MEAT, POULTRY, FISH----- | 17.5 | 10.0 | 20.3 | 17.1 | * | 1.2 | 15.8 | 7.0 | 9.4 | 10.5 | 18.6 | .3 |
| BEEF----- | 10.6 | 5.7 | 12.2 | 9.5 | * | .7 | 9.8 | .3 | 2.1 | 4.3 | 10.2 | .0 |
| BACON, SALT PORK----- | .7 | 1.1 | .4 | 2.5 | * | .1 | .3 | .0 | .5 | .2 | .3 | .0 |
| OTHER PORK----- | 3.1 | 1.9 | 3.1 | 3.5 | * | .2 | 2.5 | .0 | 5.6 | 1.5 | 2.7 | .0 |
| LIVER----- | .2 | .1 | .3 | * | * | * | 1.1 | 5.2 | .2 | 2.0 | .8 | .3 |
| LUNCHMEAT, FRANKFURTERS----- | .1 | .1 | .2 | .2 | * | * | .2 | .2 | .1 | .2 | .2 | .0 |
| OTHER MEAT----- | .7 | .2 | .7 | .2 | * | * | .4 | * | .3 | .5 | .9 | * |
| POULTRY----- | 1.6 | .8 | 2.9 | 1.1 | * | .2 | 1.5 | 1.3 | .5 | 1.7 | 3.2 | .0 |
| FISH, SHELLFISH----- | .5 | .1 | .5 | * | .0 | .1 | .1 | * | .2 | .1 | .3 | .0 |
| OTHER PROTEIN FOOD----- | 1.6 | 1.4 | 3.4 | 2.0 | .1 | 1.3 | 3.3 | 4.5 | 1.6 | 3.2 | .1 | * |
| EGGS----- | 1.5 | 1.3 | 3.3 | 2.0 | .1 | 1.3 | 3.2 | 4.5 | 1.5 | 3.2 | .1 | .0 |
| DRY LEGUMES----- | * | * | .1 | * | .1 | * | .1 | * | .1 | * | * | * |
| NUTS, PEANUT BUTTER----- | * | * | * | .1 | * | * | * | * | * | * | * | * |
| SOUP, MIXTURES----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| ALL VEGETABLES----- | 7.4 | 2.8 | 3.0 | .3 | 5.5 | 3.0 | 6.9 | 18.4 | 6.8 | 3.6 | 6.4 | 25.1 |
| POTATOES----- | .9 | 1.1 | 1.0 | * | 2.2 | .3 | 1.5 | .0 | 2.4 | .8 | 3.1 | 6.4 |
| DARK GREEN----- | .2 | * | .1 | * | * | .2 | .2 | 1.8 | .1 | .1 | .1 | 1.5 |
| DEEP YELLOW----- | .3 | .1 | .1 | * | .3 | .2 | .3 | 8.1 | .2 | .2 | .2 | .7 |
| TOMATOES----- | 1.6 | .2 | .4 | * | .5 | .3 | 1.0 | 4.6 | 1.3 | .6 | 1.1 | 7.5 |
| OTHER----- | 4.4 | 1.3 | 1.5 | .2 | 2.5 | 2.0 | 3.8 | 3.9 | 2.7 | 2.0 | 2.0 | 9.0 |
| SOUP, MIXTURES----- | * | * | * | * | * | * | * | * | * | * | * | * |
| ALL FRUIT----- | 2.3 | .9 | .2 | .1 | 2.0 | .7 | 1.2 | 1.3 | .7 | .7 | .5 | 5.1 |
| CITRUS----- | * | * | * | * | * | * | * | * | * | * | * | * |
| OTHER VITAMIN C-RICH----- | .4 | .1 | * | * | .2 | .1 | .2 | .3 | .1 | .1 | .1 | 2.8 |
| OTHER----- | 1.8 | .8 | .2 | .1 | 1.8 | .6 | 1.0 | 1.0 | .6 | .5 | .4 | 2.2 |
| MIXTURES----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |

† SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP HOME-PRODUCED--CONTINUED

NORTH CENTRAL

RURAL FARM

| FOOD GROUP * | MONEY VALUE | FOOD ENERGY | PROTEIN | FAT | CARBO- HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO- FLAVIN | NIACIN | ASCORBIC ACID |
|--|----------------|----------------|---------|-----|-------------------|---------|------|-----------------------|---------|-----------------|--------|------------------|
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) | (13) |
| PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME | | | | | | | | | | | | |
| GRAIN, ENRICHED OR WHOLE GRAIN----- | * | * | * | * | * | * | * | .0 | * | * | * | .0 |
| FLOUR----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| CEREAL, PASTES----- | * | * | * | * | * | * | * | .0 | * | * | * | .0 |
| BREAD----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| OTHER BAKERY PRODUCTS----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| GRAIN, NOT ENRICHED OR WHOLE GRAIN-- | * | * | * | * | .1 | * | * | * | .1 | * | * | * |
| FLOUR----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| CEREAL, PASTES----- | * | * | * | * | .1 | * | * | * | .1 | * | * | .0 |
| BREAD----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| OTHER BAKERY PRODUCTS----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| SOUP, MIXTURES----- | * | * | * | * | * | * | * | * | * | * | * | * |
| FATS, OILS----- | .5 | 2.2 | * | 5.1 | * | * | * | .9 | * | * | * | * |
| BUTTER----- | .3 | .4 | * | 1.0 | * | * | .0 | .9 | .0 | .0 | .0 | .0 |
| MARGARINE----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| OIL, SALID DRESSING----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| LARD----- | .3 | 1.7 | * | 4.2 | * | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| VEGETABLE SHORTENING----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| SUGAR, SWEETS----- | .7 | .7 | * | * | 1.5 | .2 | .6 | * | .1 | .1 | .1 | .3 |
| SUGAR, SIRUP, JELLY, CANDY----- | .7 | .7 | * | * | 1.5 | .2 | .6 | * | .1 | .1 | .1 | .3 |
| OTHER SWEETS-- | | | | | | | | | | | | |
| ADDED VITAMIN C----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| NO ADDED VITAMIN C----- | * | * | .0 | .0 | * | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| OTHER FOOD----- | * | * | * | .0 | * | * | * | .0 | * | * | * | .0 |
| ALCOHOLIC BEVERAGE----- | * | * | * | .0 | * | * | * | .0 | * | * | * | .0 |
| SOME NUTRITIVE VALUE----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| NO NUTRITIVE VALUE----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP HOME-PRODUCED

NORTH CENTRAL

RURAL FARM

| FOOD GROUP * | MONEY VALUE | FOOD ENERGY | PROTEIN | FAT | CARBO- HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO- FLAVIN | NIACIN | ASCORBIC ACID |
|--|----------------|----------------|---------|------|-------------------|---------|------|-----------------------|---------|-----------------|--------|------------------|
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) | (13) |
| | | CAL | G | G | G | MG | MG | IU | MG | MG | MG | MG |
| ALL FOOD GROUPS, AVERAGE AMOUNT----- | | 807 | 39.0 | 55.6 | 38.0 | 361 | 5.5 | 2,380 | .34 | .85 | 6.2 | 22 |
| PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME | | | | | | | | | | | | |
| MILK, CREAM, CHEESE----- | 5.2 | 14.3 | 7.5 | 8.7 | 9.7 | 24.5 | * | 6.2 | 4.4 | 16.2 | 1.0 | 2.8 |
| MILK----- | 4.4 | 12.4 | 7.2 | 6.8 | 9.4 | 23.8 | * | 4.8 | 4.3 | 15.7 | 1.0 | 2.8 |
| CREAM, ICE CREAM----- | .7 | 1.8 | .2 | 1.9 | .2 | .6 | * | 1.4 | .1 | .4 | * | * |
| CHEESE----- | * | .1 | .1 | * | * | .1 | * | * | * | .1 | * | .0 |
| SOUP, MIXTURES----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| MEAT, POULTRY, FISH----- | 16.7 | 30.6 | 20.2 | 24.9 | .1 | 1.2 | 15.6 | 6.7 | 9.7 | 10.0 | 18.2 | .3 |
| BEEF----- | 10.7 | 17.7 | 13.0 | 13.9 | .0 | .7 | 10.4 | .4 | 2.3 | 4.7 | 11.0 | .0 |
| BACON, SALT PORK----- | .7 | 3.7 | .4 | 3.9 | * | * | .3 | .0 | .6 | .2 | .3 | .0 |
| OTHER PORK----- | 2.8 | 6.1 | 3.2 | 5.3 | * | .2 | 2.6 | .0 | 5.8 | 1.6 | 2.8 | .0 |
| LIVER----- | .1 | .2 | .3 | * | * | * | .8 | 5.1 | .1 | 1.7 | .7 | .3 |
| LUNCHMEAT, FRANKFURTERS----- | .2 | .4 | .2 | .3 | * | * | .2 | .1 | .2 | .2 | .2 | .0 |
| OTHER MEAT----- | .3 | .3 | .3 | .2 | * | * | .2 | * | .2 | .3 | .4 | * |
| POULTRY----- | 1.3 | 2.0 | 2.1 | 1.3 | * | .1 | 1.1 | 1.1 | .3 | 1.3 | 2.5 | .0 |
| FISH, SHELLFISH----- | .5 | .3 | .6 | * | .0 | * | .1 | * | .2 | * | .3 | .0 |
| OTHER PROTEIN FOOD----- | 1.7 | 4.5 | 3.7 | 3.1 | .4 | 1.5 | 3.6 | 5.3 | 1.8 | 3.6 | .2 | * |
| EGGS----- | 1.6 | 4.2 | 3.6 | 3.0 | .2 | 1.5 | 3.4 | 5.3 | 1.7 | 3.6 | .1 | .0 |
| DRY LEGUMES----- | * | .1 | * | * | .1 | * | .1 | * | * | * | * | * |
| NUTS, PEANUT BUTTER----- | * | .1 | * | .1 | * | * | * | * | * | * | * | * |
| SOUP, MIXTURES----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| ALL VEGETABLES----- | 5.0 | 4.0 | 1.5 | .2 | 9.1 | 1.9 | 4.2 | 12.3 | 3.2 | 2.0 | 3.0 | 12.0 |
| POTATOES----- | .5 | 1.2 | .3 | * | 2.6 | .1 | .5 | .0 | .8 | .3 | 1.1 | 2.4 |
| DARK GREEN----- | .1 | * | * | * | .1 | .3 | .3 | 3.3 | .1 | .2 | * | 1.2 |
| DEEP YELLOW----- | .1 | .1 | * | * | .3 | * | * | 3.2 | * | * | * | .2 |
| TOMATOES----- | .6 | .3 | .1 | * | .6 | * | .5 | 2.0 | .5 | .2 | .5 | 2.7 |
| OTHER----- | 3.7 | 2.3 | .9 | .1 | 5.4 | 1.3 | 2.8 | 3.8 | 1.7 | 1.3 | 1.4 | 5.5 |
| SOUP, MIXTURES----- | * | * | * | * | * | * | * | * | * | * | * | * |
| ALL FRUIT----- | 2.4 | 2.4 | .2 | * | 6.2 | 1.0 | 1.3 | 1.4 | .6 | .8 | .7 | 8.2 |
| CITRUS----- | * | * | * | * | * | * | * | * | * | * | * | * |
| OTHER VITAMIN C-RICH----- | .7 | .4 | * | * | 1.0 | .2 | .4 | * | .2 | .2 | .2 | 5.7 |
| OTHER----- | 1.7 | 2.0 | .1 | * | 5.2 | .9 | .9 | 1.3 | .4 | .5 | .4 | 2.5 |
| MIXTURES----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP HOME-PRODUCED--CONTINUED

NORTH CENTRAL

RURAL FARM

| FOOD GROUP * | MONEY VALUE | FOOD ENERGY | PROTEIN | FAT | CARBO- HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO- FLAVIN | NIACIN | ASCORBIC ACID |
|--|----------------|----------------|---------|-----|-------------------|---------|------|-----------------------|---------|-----------------|--------|------------------|
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) | (13) |
| PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME | | | | | | | | | | | | |
| GRAIN, ENRICHED OR WHOLE GRAIN----- | * | * | * | * | * | * | * | .0 | * | * | * | .0 |
| FLOUR----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| CEREAL, PASTES----- | * | * | * | * | * | * | * | .0 | * | * | * | .0 |
| BREAD----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| OTHER BAKERY PRODUCTS----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| GRAIN, NOT ENRICHED OR WHOLE GRAIN----- | * | .1 | * | * | .3 | * | * | * | * | * | * | .0 |
| FLOUR----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| CEREAL, PASTES----- | * | .1 | * | * | .3 | * | * | * | * | * | * | .0 |
| BREAD----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| OTHER BAKERY PRODUCTS----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| SOUP, MIXTURES----- | * | * | * | * | * | * | * | * | * | * | * | .0 |
| FATS, OILS----- | .6 | 6.3 | * | 7.0 | * | * | * | 1.1 | * | * | * | * |
| BUTTER----- | .3 | 1.4 | * | 1.6 | * | * | .0 | 1.1 | .0 | .0 | .0 | .0 |
| MARGARINE----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| OIL, SALAD DRESSING----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| LARD----- | .2 | 4.9 | * | 5.4 | * | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| VEGETABLE SHORTENING----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| SUGAR, SWEETS----- | .6 | 1.7 | * | * | 4.4 | .2 | .5 | * | * | * | * | .3 |
| SUGAR, SIRUP, JELLY, CANDY----- | .6 | 1.7 | * | * | 4.4 | .2 | .5 | * | * | * | * | .3 |
| OTHER SWEETS-- | | | | | | | | | | | | |
| ADDED VITAMIN C----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| NO ADDED VITAMIN C----- | * | * | .0 | .0 | * | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| OTHER FOOD----- | * | * | * | .0 | * | * | * | .0 | .0 | * | * | .0 |
| ALCOHOLIC BEVERAGE----- | * | * | * | .0 | * | * | * | .0 | .0 | * | * | .0 |
| SOME NUTRITIVE VALUE----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| NO NUTRITIVE VALUE----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |

TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP HOME-PRODUCED

NORTH CENTRAL

RURAL FARM

| FOOD GROUP * | MONEY VALUE | FOOD ENERGY | PROTEIN | FAT | CARBO- HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO- FLAVIN | NIACIN | ASCORBIC ACID |
|--|----------------|----------------|---------|------|-------------------|---------|------|-----------------------|---------|-----------------|--------|------------------|
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) | (13) |
| | | CAL | G | G | G | MG | MG | IU | MG | MG | MG | MG |
| ALL FOOD GROUPS, AVERAGE AMOUNT----- | | 943 | 44.8 | 56.0 | 68.7 | 423 | 7.1 | 3,690 | .52 | 1.05 | 8.5 | 59 |
| PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME | | | | | | | | | | | | |
| MILK, CREAM, CHEESE----- | 5.5 | 4.9 | 7.7 | 6.2 | 2.9 | 24.7 | * | 5.3 | 4.6 | 16.3 | 1.0 | 2.4 |
| MILK----- | 4.9 | 4.4 | 7.5 | 5.1 | 2.8 | 24.2 | * | 4.3 | 4.5 | 16.0 | 1.0 | 2.3 |
| CREAM, ICE CREAM----- | .6 | .5 | .2 | 1.1 | .1 | .5 | * | .9 | .1 | .3 | * | .1 |
| CHEESE----- | * | * | * | * | * | * | * | * | * | * | * | .0 |
| SOUP, MIXTURES----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| MEAT, POULTRY, FISH----- | 16.6 | 9.6 | 20.3 | 16.3 | * | 1.2 | 15.9 | 6.0 | 10.0 | 10.7 | 18.4 | .3 |
| BEEF----- | 9.1 | 4.8 | 10.9 | 8.1 | * | .6 | 8.8 | .2 | 1.9 | 3.9 | 9.0 | .0 |
| BACON, SALT PORK----- | .7 | 1.2 | .4 | 2.7 | * | .1 | .3 | .0 | .6 | .2 | .3 | .0 |
| OTHER PORK----- | 3.3 | 2.1 | 3.7 | 3.8 | * | .2 | 3.0 | .0 | 6.2 | 1.7 | 3.1 | .0 |
| LIVER----- | .2 | .1 | .3 | * | * | * | 1.2 | 4.1 | .2 | 1.9 | .8 | .3 |
| LUNCHMEAT, FRANKFURTERS----- | .1 | .1 | .1 | .1 | * | * | .1 | .2 | .1 | .2 | .1 | .0 |
| OTHER MEAT----- | .9 | .3 | .9 | .5 | * | .1 | .5 | * | .3 | .5 | 1.1 | * |
| POULTRY----- | 1.8 | .9 | 3.5 | 1.0 | * | .2 | 1.9 | 1.5 | .5 | 2.3 | 3.6 | .0 |
| FISH, SHELLFISH----- | .4 | .1 | .5 | * | .0 | * | .1 | .0 | .2 | .1 | .2 | .0 |
| OTHER PROTEIN FOOD----- | 1.5 | 1.4 | 3.6 | 2.1 | .1 | 1.4 | 3.5 | 4.5 | 1.7 | 3.4 | .2 | .0 |
| EGGS----- | 1.4 | 1.4 | 3.4 | 2.1 | .1 | 1.4 | 3.3 | 4.5 | 1.6 | 3.3 | .1 | .0 |
| DRY LEGUMES----- | * | * | .1 | * | .1 | .1 | .2 | * | .1 | * | * | .0 |
| NUTS, PEANUT BUTTER----- | * | * | * | * | * | .0 | * | * | * | * | * | .0 |
| SOUP, MIXTURES----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| ALL VEGETABLES----- | 11.4 | 4.1 | 4.9 | .5 | 7.9 | 5.1 | 10.3 | 24.7 | 11.3 | 6.2 | 9.8 | 39.3 |
| POTATOES----- | 1.3 | 1.5 | 1.3 | * | 2.9 | .4 | 2.0 | .0 | 3.2 | 1.0 | 4.0 | 7.3 |
| DARK GREEN----- | .4 | * | .1 | * | .1 | .2 | .4 | 1.9 | .2 | .2 | .1 | 2.8 |
| DEEP YELLOW----- | .3 | .1 | .1 | * | .2 | .2 | .3 | 8.2 | .2 | .2 | .1 | .4 |
| TOMATOES----- | 3.2 | .5 | .7 | .1 | .9 | .8 | 1.8 | 8.2 | 2.6 | 1.1 | 2.0 | 13.4 |
| OTHER----- | 6.2 | 2.0 | 2.7 | .3 | 3.9 | 3.4 | 5.9 | 6.4 | 5.2 | 3.7 | 3.6 | 15.4 |
| SOUP, MIXTURES----- | * | * | * | * | * | * | * | * | * | * | * | * |
| ALL FRUIT----- | 2.6 | 1.1 | .3 | .1 | 2.3 | .7 | 1.5 | 1.9 | .9 | .8 | .7 | 4.8 |
| CITRUS----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| OTHER VITAMIN C-RICH----- | .3 | .1 | * | * | .1 | .1 | .1 | .9 | .1 | .1 | .1 | 1.8 |
| OTHER----- | 2.3 | 1.0 | .3 | .1 | 2.1 | .7 | 1.3 | 1.0 | .8 | .7 | .6 | 2.9 |
| MIXTURES----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP HOME-PRODUCED--CONTINUED

NORTH CENTRAL

RURAL FARM

| FOOD GROUP * | MONEY VALUE | FOOD ENERGY | PROTEIN | FAT | CARBO- HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO- FLAVIN | NIACIN | ASCORBIC ACID |
|--|----------------|----------------|---------|-----|-------------------|---------|------|-----------------------|---------|-----------------|--------|------------------|
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) | (13) |
| PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME | | | | | | | | | | | | |
| GRAIN, ENRICHED OR WHOLE GRAIN----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| FLOUR----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| CEREAL, PASTES----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| BREAD----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| OTHER BAKERY PRODUCTS----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| GRAIN, NOT ENRICHED OR WHOLE GRAIN--- | * | * | * | * | .1 | * | * | .0 | .1 | * | * | .0 |
| FLOUR----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| CEREAL, PASTES----- | * | * | * | * | .1 | * | * | .0 | .1 | * | * | .0 |
| BREAD----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| OTHER BAKERY PRODUCTS----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| SOUP, MIXTURES----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| FATS, OILS----- | .5 | 2.5 | * | 6.0 | * | * | .0 | .8 | .0 | .0 | .0 | .0 |
| BUTTER----- | .2 | .4 | * | .9 | * | * | .0 | .8 | .0 | .0 | .0 | .0 |
| MARGARINE----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| OIL, SALAD DRESSING----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| LARD----- | .3 | 2.1 | * | 5.1 | * | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| VEGETABLE SHORTENING----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| SUGAR, SWEETS----- | .8 | .8 | * | * | 1.8 | .2 | .7 | * | .1 | .1 | .1 | .3 |
| SUGAR, SIRUP, JELLY, CANDY----- | .8 | .8 | * | * | 1.8 | .2 | .7 | * | .1 | .1 | .1 | .3 |
| OTHER SWEETS-- | | | | | | | | | | | | |
| ADDED VITAMIN C----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| NO ADDED VITAMIN C----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| OTHER FOOD----- | * | * | * | .0 | * | * | .0 | .0 | * | * | * | .0 |
| ALCOHOLIC BEVERAGE----- | * | * | * | .0 | * | * | .0 | .0 | * | * | * | .0 |
| SOME NUTRITIVE VALUE----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| NO NUTRITIVE VALUE----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |

TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP HOME-PRODUCED

NORTH CENTRAL

RURAL FARM

| FOOD GROUP * | MONEY VALUE | FOOD ENERGY | PROTEIN | FAT | CARBO- HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO- FLAVIN | NIACIN | ASCORBIC ACID |
|--|----------------|----------------|---------|------|-------------------|---------|-------|-----------------------|---------|-----------------|--------|------------------|
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) | (13) |
| | | CAL | G | G | G | MG | MG | IU | MG | MG | MG | MG |
| ALL FOOD GROUPS, AVERAGE AMOUNT----- | 832 | 40.0 | 51.0 | 54.9 | 393 | 5.6 | 3.020 | .37 | .92 | 7.1 | 29 | |
| PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME | | | | | | | | | | | | |
| MILK, CREAM, CHEESE----- | 5.4 | 5.2 | 8.4 | 6.4 | 3.2 | 27.5 | .0 | 5.9 | 5.0 | 18.0 | 1.1 | 3.5 |
| MILK----- | 5.0 | 4.9 | 8.3 | 5.8 | 3.2 | 27.3 | .0 | 5.3 | 4.9 | 17.8 | 1.1 | 3.4 |
| CREAM, ICE CREAM----- | .3 | .3 | .1 | .6 | * | .3 | .0 | .6 | * | .2 | * | * |
| CHEESE----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| SOUP, MIXTURES----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| MEAT, POULTRY, FISH----- | 17.9 | 9.5 | 19.8 | 16.0 | * | 1.2 | 15.2 | 7.2 | 8.0 | 10.3 | 18.4 | .4 |
| BEEF----- | 11.5 | 5.8 | 12.2 | 9.7 | * | .7 | 9.9 | .3 | 2.2 | 4.4 | 10.3 | .0 |
| BACON, SALT PORK----- | .6 | .9 | .3 | 2.0 | * | * | .2 | .0 | .4 | .2 | .3 | .0 |
| OTHER PORK----- | 2.4 | 1.4 | 2.2 | 2.5 | .0 | .1 | 1.8 | .0 | 4.1 | 1.1 | 1.9 | .0 |
| LIVER----- | .2 | .1 | .3 | * | * | * | .9 | 5.3 | .2 | 1.9 | .8 | .4 |
| LUNCHMEAT, FRANKFURTERS----- | .1 | .1 | .1 | .1 | * | * | .1 | .1 | .1 | .1 | .1 | .0 |
| OTHER MEAT----- | .7 | .2 | .7 | .1 | * | * | .4 | * | .3 | .6 | 1.0 | * |
| POULTRY----- | 2.1 | 1.1 | 3.5 | 1.4 | * | .2 | 1.8 | 1.5 | .6 | 2.0 | 3.9 | .0 |
| FISH, SHELLFISH----- | .4 | .1 | .4 | * | .0 | * | .1 | * | .1 | .1 | .2 | .0 |
| OTHER PROTEIN FOOD----- | 1.6 | 1.3 | 3.2 | 1.9 | .1 | 1.3 | 3.1 | 4.3 | 1.5 | 3.0 | .1 | .0 |
| EGGS----- | 1.5 | 1.2 | 3.1 | 1.8 | .1 | 1.3 | 3.0 | 4.3 | 1.5 | 3.0 | .1 | .0 |
| DRY LEGUMES----- | * | * | * | * | * | * | .1 | * | * | * | * | .0 |
| NUTS, PEANUT BUTTER----- | .1 | * | * | .1 | * | * | .1 | * | * | * | * | .0 |
| SOUP, MIXTURES----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| ALL VEGETABLES----- | 6.4 | 3.0 | 2.9 | .2 | 6.0 | 2.7 | 6.5 | 20.3 | 6.5 | 3.1 | 6.7 | 26.0 |
| POTATOES----- | .8 | 1.5 | 1.3 | * | 3.0 | .4 | 2.1 | .0 | 3.3 | 1.1 | 4.1 | 9.9 |
| DARK GREEN----- | .2 | * | * | * | * | * | .1 | .9 | .1 | .1 | * | 1.1 |
| DEEP YELLOW----- | .4 | .3 | .2 | * | .5 | .4 | .4 | 13.6 | .4 | .3 | .3 | 1.6 |
| TOMATOES----- | 1.3 | .2 | .3 | * | .3 | .2 | .8 | 3.4 | .9 | .4 | .8 | 6.0 |
| OTHER----- | 3.6 | 1.0 | 1.1 | .1 | 2.1 | 1.6 | 3.1 | 2.3 | 1.8 | 1.2 | 1.4 | 7.3 |
| SOUP, MIXTURES----- | * | * | * | * | * | * | * | * | * | * | * | * |
| ALL FRUIT----- | 1.9 | .9 | .1 | .1 | 2.0 | .4 | .9 | .7 | .6 | .5 | .3 | 2.9 |
| CITRUS----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| OTHER VITAMIN C-RICH----- | .2 | .1 | * | * | .1 | * | .1 | .1 | * | .1 | * | 1.3 |
| OTHER----- | 1.6 | .8 | .1 | .1 | 1.8 | .4 | .8 | .6 | .6 | .4 | .3 | 1.6 |
| MIXTURES----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP HOME-PRODUCED--CONTINUED

NORTH CENTRAL

RURAL FARM

| FOOD GROUP * | MONEY VALUE | FOOD ENERGY | PROTEIN | FAT | CARBO- HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO- FLAVIN | NIACIN | ASCORBIC ACID |
|--|----------------|----------------|---------|-----|-------------------|---------|------|-----------------------|---------|-----------------|--------|------------------|
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) | (13) |
| PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME | | | | | | | | | | | | |
| GRAIN, ENRICHED OR WHOLE GRAIN----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| FLOUR----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| CEREAL, PASTES----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| BREAD----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| OTHER BAKERY PRODUCTS----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| GRAIN, NOT ENRICHED OR WHOLE GRAIN----- | .1 | .1 | * | .1 | .1 | * | * | * | .1 | * | * | * |
| FLOUR----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| CEREAL, PASTES----- | * | * | * | * | * | * | * | .0 | * | * | * | .0 |
| BREAD----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| OTHER BAKERY PRODUCTS----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| SOUP, MIXTURES----- | .1 | * | * | * | .1 | * | * | * | * | * | * | * |
| FATS, OILS----- | .5 | 2.0 | * | 4.7 | * | * | .0 | 1.0 | .0 | .0 | .0 | .0 |
| BUTTER----- | .3 | .5 | * | 1.1 | * | * | .0 | 1.0 | .0 | .0 | .0 | .0 |
| MARGARINE----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| OIL, SALAD DRESSING----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| LARD----- | .2 | 1.5 | * | 3.5 | * | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| VEGETABLE SHORTENING----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| SUGAR, SWEETS----- | .8 | .7 | * | * | 1.6 | .2 | .6 | * | .1 | .1 | .1 | .4 |
| SUGAR, SIRUP, JELLY, CANDY----- | .8 | .7 | * | * | 1.6 | .2 | .6 | * | .1 | .1 | .1 | .4 |
| OTHER SWEETS----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| ADDED VITAMIN C----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| NO ADDED VITAMIN C----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| OTHER FOOD----- | * | * | * | .0 | * | * | * | .0 | .0 | * | * | .0 |
| ALCOHOLIC BEVERAGE----- | * | * | * | .0 | * | * | * | .0 | .0 | * | * | .0 |
| SOME NUTRITIVE VALUE----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| NO NUTRITIVE VALUE----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP HOME-PRODUCED

NORTH CENTRAL

RURAL FARM

| FOOD GROUP * | MONEY VALUE | FOOD ENERGY | PROTEIN | FAT | CARBO- HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO- FLAVIN | NIACIN | ASCORBIC ACID |
|--|----------------|----------------|---------|------|-------------------|---------|------|-----------------------|---------|-----------------|--------|------------------|
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) | (13) |
| | | CAL | G | G | G | MG | MG | IU | MG | MG | MG | MG |
| ALL FOOD GROUPS, AVERAGE AMOUNT----- | | 846 | 41.2 | 53.9 | 50.3 | 441 | 5.6 | 2,660 | .39 | 1.00 | 7.0 | 24 |
| PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME | | | | | | | | | | | | |
| MILK, CREAM, CHEESE----- | 6.5 | 6.3 | 10.2 | 8.0 | 3.8 | 30.4 | .1 | 6.9 | 6.0 | 20.9 | 1.4 | 3.5 |
| MILK----- | 5.8 | 5.7 | 10.0 | 6.7 | 3.8 | 29.8 | .1 | 5.8 | 5.8 | 20.5 | 1.4 | 3.5 |
| CREAM, ICE CREAM----- | .7 | .6 | .2 | 1.3 | .1 | .5 | .0 | 1.1 | .1 | .3 | * | .1 |
| CHEESE----- | * | * | * | * | * | * | * | * | * | * | * | .0 |
| SOUP, MIXTURES----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| MEAT, POULTRY, FISH----- | 19.6 | 10.5 | 20.9 | 18.3 | * | 1.1 | 16.8 | 8.6 | 9.7 | 10.9 | 19.6 | .5 |
| BEEF----- | 12.1 | 6.2 | 13.1 | 10.7 | .0 | .7 | 10.5 | .3 | 2.2 | 4.5 | 11.1 | .0 |
| BACON, SALT PORK----- | .7 | 1.0 | .3 | 2.3 | * | * | .2 | .0 | .4 | .2 | .2 | .0 |
| OTHER PORK----- | 3.8 | 2.1 | 3.2 | 3.9 | .0 | .2 | 2.6 | .0 | 5.9 | 1.5 | 2.9 | .0 |
| LIVER----- | .2 | .1 | .5 | .1 | * | * | 1.6 | 7.1 | .2 | 2.7 | 1.2 | .4 |
| LUNCHMEAT, FRANKFURTERS----- | .2 | .1 | .2 | .2 | * | * | .2 | .2 | .1 | .2 | .2 | .0 |
| OTHER MEAT----- | .8 | .2 | .7 | .2 | * | * | .4 | * | .3 | .6 | 1.0 | * |
| POULTRY----- | 1.3 | .7 | 2.3 | 1.0 | * | .1 | 1.2 | 1.0 | .4 | 1.2 | 2.6 | .0 |
| FISH, SHELLFISH----- | .5 | .1 | .7 | .1 | .0 | .1 | .1 | * | .2 | .1 | .4 | .0 |
| OTHER PROTEIN FOOD----- | 1.5 | 1.2 | 2.8 | 1.7 | .1 | 1.0 | 2.8 | 3.6 | 1.4 | 2.5 | .1 | * |
| EGGS----- | 1.4 | 1.1 | 2.7 | 1.6 | .1 | 1.0 | 2.6 | 3.6 | 1.3 | 2.5 | .1 | .0 |
| DRY LEGUMES----- | * | * | .1 | * | .1 | * | .2 | .0 | .1 | * | * | .0 |
| NUTS, PEANUT BUTTER----- | * | * | * | .1 | * | * | * | * | * | * | * | * |
| SOUP, MIXTURES----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| ALL VEGETABLES----- | 5.0 | 2.4 | 2.3 | .2 | 4.8 | 1.8 | 5.6 | 13.8 | 4.9 | 2.3 | 5.5 | 15.3 |
| POTATOES----- | .7 | 1.2 | 1.0 | * | 2.3 | .3 | 1.6 | .0 | 2.5 | .8 | 3.2 | 6.5 |
| DARK GREEN----- | .1 | * | * | * | * | .1 | .1 | 1.0 | * | .1 | * | .3 |
| DEEP YELLOW----- | .3 | .1 | .1 | * | .3 | .2 | .3 | 7.7 | .2 | .2 | .2 | .7 |
| TOMATOES----- | .8 | .2 | .2 | * | .3 | .1 | .9 | 3.1 | .8 | .3 | .8 | 4.3 |
| OTHER----- | 3.0 | .9 | .9 | .1 | 1.9 | 1.0 | 2.7 | 1.9 | 1.4 | 1.0 | 1.3 | 3.5 |
| SOUP, MIXTURES----- | * | * | * | * | * | * | * | .1 | * | * | * | * |
| ALL FRUIT----- | 1.9 | .8 | .1 | * | 1.8 | .4 | .9 | 1.0 | .4 | .5 | .5 | 3.7 |
| CITRUS----- | * | * | * | * | * | * | * | * | * | * | * | * |
| OTHER VITAMIN C-RICH----- | .4 | .1 | * | * | .3 | .1 | .2 | * | .1 | .1 | .1 | 2.4 |
| OTHER----- | 1.4 | .7 | .1 | * | 1.5 | .4 | .7 | 1.0 | .3 | .4 | .4 | 1.2 |
| MIXTURES----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 6.--MONEY VALUE AND NUTRIENTS
BY FOOD GROUP HOME-PRODUCED--CONTINUED

NORTH CENTRAL

RURAL FARM

| FOOD GROUP * | MONEY VALUE | FOOD ENERGY | PROTEIN | FAT | CARBO- HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO- FLAVIN | NIACIN | ASCORBIC ACID |
|--|----------------|----------------|---------|-----|-------------------|---------|------|-----------------------|---------|-----------------|--------|------------------|
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) | (13) |
| PERCENT OF MONEY VALUE AND NUTRIENTS FROM TOTAL FOOD AT HOME | | | | | | | | | | | | |
| GRAIN, ENRICHED OR WHOLE GRAIN----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| FLOUR----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| CEREAL, PASTES----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| BREAD----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| OTHER BAKERY PRODUCTS----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| GRAIN, NOT ENRICHED OR WHOLE GRAIN----- | * | * | * | * | .1 | * | * | .0 | .1 | * | * | .0 |
| FLOUR----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| CEREAL, PASTES----- | * | * | * | * | .1 | * | * | .0 | .1 | * | * | .0 |
| BREAD----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| OTHER BAKERY PRODUCTS----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| SOUP, MIXTURES----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| FATS, OILS----- | .4 | 1.8 | * | 4.4 | * | * | .0 | .6 | .0 | .0 | .0 | .0 |
| BUTTER----- | .2 | .3 | * | .7 | * | * | .0 | .6 | .0 | .0 | .0 | .0 |
| MARGARINE----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| OIL, SALAD DRESSING----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| LARD----- | .2 | 1.5 | .0 | 3.7 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| VEGETABLE SHORTENING----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| SUGAR, SWEETS----- | .7 | .6 | * | * | 1.4 | .1 | .5 | * | .1 | .1 | .1 | .3 |
| SUGAR, SIRUP, JELLY, CANDY----- | .7 | .6 | * | * | 1.4 | .1 | .5 | * | .1 | .1 | .1 | .3 |
| OTHER SWEETS----- | | | | | | | | | | | | |
| ADDED VITAMIN C----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| NO ADDED VITAMIN C----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| OTHER FOOD----- | * | * | .0 | .0 | * | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| ALCOHOLIC BEVERAGE----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| SOME NUTRITIVE VALUE----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |
| NO NUTRITIVE VALUE----- | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 | .0 |

* SEE NOTES FOLLOWING WEST, TABLE 18.

| SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 (1) | PERCENT OF HOUSEHOLD DIETS WITH SPECIFIED AMOUNTS OF NUTRIENT PER NUTRITION UNIT PER DAY * | | | | | | | | | | | | | |
|--|---|-----------------------|------------------------|------------------------|------------------------|------------------------|--------------------------|-------------------------------|-----------------------|-----------------------|-----------------------|-------------------------|-------------------------|---------------------------|
| | FOOD ENERGY, IN CALORIES | | | | | | | PROTEIN, IN GRAMS | | | | | | |
| | ALL HOUSE- HOLDS (2) | UNDER 1,933 (3) | 1,933- 2,899 (4) | 2,900- 3,899 (5) | 3,900- 4,899 (6) | 4,900- 5,899 (7) | 5,900 AND OVER (8) | ALL HOUSE- HOLDS (9) | UNDER 46.7 (10) | 46.7- 69.9 (11) | 70.0- 99.9 (12) | 100.0- 119.9 (13) | 120.0- 149.9 (14) | 150.0 AND OVER (15) |
| ALL URBANIZATIONS | | | | | | | | | | | | | | |
| ALL HOUSEHOLDS, YEAR----- | 100.0 | 1.5 | 11.7 | 26.8 | 28.6 | 16.1 | 15.4 | 100.0 | .7 | 4.3 | 22.5 | 21.8 | 27.2 | 23.4 |
| SPRING----- | 100.0 | 1.7 | 10.8 | 26.1 | 28.0 | 17.5 | 16.0 | 100.0 | .6 | 3.7 | 21.5 | 22.0 | 26.2 | 25.9 |
| SUMMER----- | 100.0 | 2.4 | 13.9 | 23.7 | 27.3 | 13.8 | 18.8 | 100.0 | 1.0 | 4.7 | 24.7 | 20.1 | 24.4 | 25.0 |
| FALL----- | 100.0 | .6 | 10.8 | 29.3 | 28.6 | 17.7 | 13.1 | 100.0 | .8 | 4.4 | 20.7 | 22.9 | 28.3 | 23.0 |
| WINTER----- | 100.0 | 1.6 | 10.9 | 28.4 | 30.7 | 15.3 | 13.2 | 100.0 | .6 | 4.8 | 23.1 | 22.2 | 30.2 | 19.3 |
| UNDER 1,000----- | 100.0 | 5.4 | 14.9 | 21.0 | 20.3 | 22.7 | 15.7 | 100.0 | 2.7 | 11.1 | 37.9 | 15.9 | 17.9 | 14.3 |
| 1,000-1,999----- | 100.0 | 3.3 | 11.0 | 28.3 | 20.4 | 15.7 | 21.3 | 100.0 | 2.0 | 10.5 | 31.7 | 15.9 | 18.3 | 21.5 |
| 2,000-2,999----- | 100.0 | 3.8 | 8.6 | 20.5 | 25.2 | 21.3 | 20.6 | 100.0 | 4.2 | 9.8 | 24.1 | 16.9 | 24.5 | 20.5 |
| 3,000-3,999----- | 100.0 | .6 | 14.6 | 26.5 | 31.3 | 13.4 | 13.6 | 100.0 | .0 | 4.8 | 29.6 | 25.7 | 23.8 | 16.2 |
| 4,000-4,999----- | 100.0 | 1.2 | 14.8 | 20.0 | 26.7 | 17.2 | 20.2 | 100.0 | .2 | 2.6 | 26.0 | 17.0 | 27.2 | 27.0 |
| 5,000-5,999----- | 100.0 | .9 | 11.9 | 29.0 | 27.3 | 15.5 | 15.5 | 100.0 | .3 | 2.9 | 21.9 | 23.4 | 29.5 | 22.1 |
| 6,000-6,999----- | 100.0 | .9 | 10.6 | 27.4 | 34.2 | 14.2 | 12.8 | 100.0 | .0 | 2.6 | 18.0 | 24.2 | 25.5 | 29.7 |
| 7,000-7,999----- | 100.0 | 1.3 | 9.3 | 32.9 | 26.5 | 17.8 | 12.2 | 100.0 | .0 | 2.2 | 18.0 | 24.0 | 28.9 | 27.0 |
| 8,000-8,999----- | 100.0 | 1.7 | 10.8 | 29.5 | 28.0 | 15.4 | 14.6 | 100.0 | .0 | 4.4 | 18.0 | 22.4 | 30.8 | 24.5 |
| 9,000-9,999----- | 100.0 | .0 | 12.3 | 35.4 | 27.2 | 13.7 | 11.4 | 100.0 | .0 | .8 | 28.5 | 22.0 | 31.5 | 17.2 |
| 10,000-14,999----- | 100.0 | .1 | 9.3 | 23.0 | 39.3 | 15.5 | 12.6 | 100.0 | .0 | 2.2 | 16.4 | 23.0 | 33.4 | 24.9 |
| 15,000 AND OVER---- | 100.0 | 1.6 | 12.5 | 24.6 | 32.8 | 16.7 | 11.8 | 100.0 | .0 | 1.4 | 19.6 | 17.7 | 35.6 | 25.7 |
| URBAN | | | | | | | | | | | | | | |
| ALL HOUSEHOLDS, YEAR----- | 100.0 | 1.9 | 13.4 | 27.4 | 29.2 | 16.0 | 12.2 | 100.0 | .8 | 4.9 | 22.8 | 22.2 | 28.1 | 21.2 |
| SPRING----- | 100.0 | 2.1 | 12.4 | 28.6 | 27.5 | 17.2 | 12.3 | 100.0 | .8 | 4.2 | 22.6 | 22.0 | 26.4 | 24.1 |
| SUMMER----- | 100.0 | 2.9 | 16.6 | 24.3 | 29.0 | 13.5 | 13.7 | 100.0 | 1.3 | 5.9 | 25.5 | 20.0 | 26.4 | 20.8 |
| FALL----- | 100.0 | .5 | 12.5 | 29.0 | 29.1 | 17.6 | 11.2 | 100.0 | .5 | 4.3 | 20.3 | 24.6 | 28.8 | 21.6 |
| WINTER----- | 100.0 | 1.9 | 12.1 | 27.6 | 31.5 | 15.4 | 11.5 | 100.0 | .5 | 5.2 | 23.0 | 22.2 | 31.0 | 18.1 |
| UNDER 1,000----- | 100.0 | 7.1 | 24.3 | 17.2 | 20.2 | 20.2 | 11.1 | 100.0 | 2.0 | 17.2 | 36.4 | 15.2 | 15.2 | 14.1 |
| 1,000-1,999----- | 100.0 | 4.9 | 15.9 | 27.9 | 17.8 | 14.9 | 18.6 | 100.0 | 1.8 | 14.1 | 37.2 | 10.0 | 18.2 | 18.6 |
| 2,000-2,999----- | 100.0 | 4.5 | 13.8 | 19.6 | 23.1 | 20.9 | 18.2 | 100.0 | 5.1 | 9.6 | 25.9 | 18.0 | 23.4 | 17.9 |
| 3,000-3,999----- | 100.0 | 1.0 | 16.6 | 29.6 | 31.4 | 14.8 | 6.6 | 100.0 | .0 | 5.1 | 31.4 | 26.9 | 24.2 | 12.4 |
| 4,000-4,999----- | 100.0 | 2.0 | 13.0 | 20.5 | 28.4 | 17.3 | 18.9 | 100.0 | .3 | 2.9 | 22.9 | 15.9 | 31.1 | 26.8 |
| 5,000-5,999----- | 100.0 | 1.4 | 13.1 | 29.1 | 26.8 | 15.5 | 14.2 | 100.0 | .5 | 3.5 | 21.9 | 22.8 | 29.5 | 21.7 |
| 6,000-6,999----- | 100.0 | 1.0 | 13.1 | 28.1 | 34.7 | 14.3 | 8.8 | 100.0 | .0 | 3.3 | 18.3 | 24.1 | 28.7 | 25.6 |
| 7,000-7,999----- | 100.0 | .4 | 9.6 | 36.4 | 26.6 | 17.0 | 10.0 | 100.0 | .0 | 1.0 | 19.0 | 28.2 | 27.8 | 24.0 |
| 8,000-8,999----- | 100.0 | 2.4 | 11.1 | 31.2 | 29.4 | 15.6 | 10.5 | 100.0 | .0 | 4.8 | 18.6 | 25.5 | 31.2 | 20.1 |
| 9,000-9,999----- | 100.0 | .0 | 16.2 | 36.7 | 30.4 | 11.2 | 5.4 | 100.0 | .0 | .0 | 33.9 | 23.6 | 31.9 | 10.8 |
| 10,000-14,999----- | 100.0 | .2 | 9.9 | 22.4 | 40.3 | 15.8 | 11.5 | 100.0 | .0 | 2.5 | 16.2 | 24.1 | 33.5 | 23.7 |
| 15,000 AND OVER---- | 100.0 | 1.6 | 14.4 | 25.6 | 32.1 | 17.6 | 8.5 | 100.0 | .0 | 1.6 | 21.4 | 16.6 | 38.5 | 21.9 |

| SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 (1) | PERCENT OF HOUSEHOLD DIETS WITH SPECIFIED AMOUNTS OF NUTRIENT PER NUTRITION UNIT PER DAY † | | | | | | | | | | | | | |
|--|---|-----------------------|------------------------|------------------------|------------------------|------------------------|--------------------------|-------------------------------|-----------------------|-----------------------|-----------------------|-------------------------|-------------------------|---------------------------|
| | FOOD ENERGY, IN CALORIES | | | | | | | PROTEIN, IN GRAMS | | | | | | |
| | ALL HOUSE- HOLDS (2) | UNDER 1,933 (3) | 1,933- 2,899 (4) | 2,900- 3,899 (5) | 3,900- 4,899 (6) | 4,900- 5,899 (7) | 5,900 AND OVER (8) | ALL HOUSE- HOLDS (9) | UNDER 46.7 (10) | 46.7- 69.9 (11) | 70.0- 99.9 (12) | 100.0- 119.9 (13) | 120.0- 149.9 (14) | 150.0 AND OVER (15) |
| RURAL NONFARM | | | | | | | | | | | | | | |
| ALL HOUSEHOLDS, YEAR-- | 100.0 | 1.1 | 9.3 | 28.2 | 27.4 | 15.0 | 19.0 | 100.0 | .8 | 3.7 | 24.1 | 21.2 | 24.4 | 25.8 |
| SPRING----- | 100.0 | .9 | 8.6 | 20.9 | 29.9 | 17.5 | 22.2 | 100.0 | .2 | 2.7 | 21.6 | 22.4 | 25.0 | 28.0 |
| SUMMER----- | 100.0 | 2.0 | 10.5 | 24.8 | 24.2 | 12.4 | 26.1 | 100.0 | .7 | 3.3 | 26.2 | 20.3 | 19.6 | 30.1 |
| FALL----- | 100.0 | .8 | 8.4 | 35.2 | 26.7 | 16.1 | 13.0 | 100.0 | 1.5 | 5.3 | 24.4 | 19.1 | 25.2 | 24.4 |
| WINTER----- | 100.0 | .7 | 9.4 | 32.6 | 29.0 | 14.5 | 13.7 | 100.0 | .7 | 3.6 | 24.0 | 23.1 | 28.2 | 20.3 |
| UNDER 1,000----- | 100.0 | 4.9 | 4.9 | 29.6 | 18.1 | 27.9 | 14.8 | 100.0 | 4.9 | 4.9 | 50.9 | 13.1 | 16.4 | 9.8 |
| 1,000-1,999----- | 100.0 | .8 | 2.4 | 37.1 | 25.0 | 15.3 | 19.4 | 100.0 | 3.2 | 5.6 | 24.2 | 31.5 | 16.1 | 19.4 |
| 2,000-2,999----- | 100.0 | 4.0 | .0 | 23.1 | 29.2 | 22.4 | 21.1 | 100.0 | 4.0 | 12.9 | 24.5 | 12.3 | 25.9 | 20.4 |
| 3,000-3,999----- | 100.0 | .0 | 14.8 | 24.0 | 31.0 | 8.5 | 21.8 | 100.0 | .0 | 5.4 | 29.6 | 24.8 | 20.2 | 20.2 |
| 4,000-4,999----- | 100.0 | .0 | 22.5 | 17.6 | 23.7 | 14.4 | 21.9 | 100.0 | .0 | 1.9 | 36.3 | 17.5 | 16.9 | 27.5 |
| 5,000-5,999----- | 100.0 | .0 | 11.1 | 31.4 | 27.2 | 15.0 | 15.4 | 100.0 | .0 | 2.1 | 23.0 | 25.1 | 29.6 | 20.2 |
| 6,000-6,999----- | 100.0 | .5 | 3.2 | 28.6 | 36.0 | 11.6 | 20.1 | 100.0 | .0 | .5 | 18.0 | 25.9 | 15.9 | 39.7 |
| 7,000-9,999----- | 100.0 | 2.1 | 8.8 | 28.1 | 25.4 | 17.5 | 18.1 | 100.0 | .0 | 4.2 | 17.5 | 13.9 | 32.6 | 31.7 |
| 10,000 AND OVER---- | 100.0 | .0 | 7.5 | 24.6 | 37.3 | 11.9 | 18.6 | 100.0 | .0 | .7 | 16.3 | 20.9 | 28.3 | 33.6 |
| RURAL FARM | | | | | | | | | | | | | | |
| ALL HOUSEHOLDS, YEAR-- | 100.0 | .3 | 4.8 | 18.7 | 27.4 | 20.0 | 28.7 | 100.0 | .0 | 2.6 | 15.8 | 20.3 | 28.5 | 33.0 |
| SPRING----- | 100.0 | .2 | 5.1 | 20.3 | 25.8 | 20.2 | 28.5 | 100.0 | .2 | 1.9 | 13.5 | 22.1 | 28.2 | 34.3 |
| SUMMER----- | 100.0 | .4 | 4.9 | 17.4 | 24.9 | 19.5 | 32.8 | 100.0 | .0 | 2.1 | 14.9 | 19.9 | 24.5 | 38.6 |
| FALL----- | 100.0 | .0 | 3.9 | 16.7 | 30.7 | 22.2 | 26.5 | 100.0 | .0 | 2.8 | 15.2 | 20.2 | 31.9 | 30.0 |
| WINTER----- | 100.0 | .9 | 5.7 | 20.8 | 28.5 | 18.0 | 26.0 | 100.0 | .0 | 3.8 | 20.4 | 18.5 | 30.3 | 27.0 |
| UNDER 1,000----- | 100.0 | .9 | 3.5 | 15.4 | 25.6 | 20.2 | 34.4 | 100.0 | .9 | 3.5 | 14.9 | 24.6 | 31.4 | 24.7 |
| 1,000-1,999----- | 100.0 | 1.1 | 5.8 | 10.1 | 22.6 | 21.1 | 39.4 | 100.0 | .0 | 4.2 | 21.7 | 9.5 | 23.6 | 41.0 |
| 2,000-2,999----- | 100.0 | .0 | 3.0 | 19.6 | 25.8 | 21.0 | 30.5 | 100.0 | .0 | 4.3 | 15.2 | 22.4 | 26.4 | 31.7 |
| 3,000-3,999----- | 100.0 | .0 | 6.0 | 17.0 | 32.0 | 16.5 | 28.6 | 100.0 | .0 | 1.9 | 21.6 | 22.2 | 29.2 | 25.1 |
| 4,000-4,999----- | 100.0 | .0 | 5.1 | 23.5 | 25.5 | 23.9 | 22.0 | 100.0 | .0 | 2.8 | 15.7 | 20.8 | 33.7 | 27.0 |
| 5,000-5,999----- | 100.0 | .0 | 5.0 | 21.0 | 31.5 | 17.4 | 25.2 | 100.0 | .0 | .7 | 17.1 | 22.5 | 28.4 | 31.5 |
| 6,000-6,999----- | 100.0 | .0 | 7.9 | 15.8 | 22.0 | 22.6 | 31.7 | 100.0 | .0 | 1.6 | 14.7 | 18.7 | 23.0 | 41.8 |
| 7,000-9,999----- | 100.0 | .0 | 4.6 | 18.1 | 19.7 | 21.1 | 36.5 | 100.0 | .0 | 2.7 | 9.5 | 18.1 | 23.6 | 46.1 |
| 10,000 AND OVER---- | 100.0 | 1.1 | 3.7 | 21.8 | 34.3 | 20.6 | 18.5 | 100.0 | .0 | 1.1 | 16.3 | 17.6 | 37.1 | 27.7 |

| SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 (1) | PERCENT OF HOUSEHOLD DIETS WITH SPECIFIED AMOUNTS OF NUTRIENT PER NUTRITION UNIT PER DAY * | | | | | | | | | | | | | |
|--|---|---------------------|--------------------|--------------------|----------------------|----------------------|-------------------------|-------------------------------|----------------------|---------------------|-----------------------|-----------------------|-----------------------|--------------------------|
| | CALCIUM, IN MILLIGRAMS | | | | | | | IRON, IN MILLIGRAMS | | | | | | |
| | ALL HOUSE- HOLDS (2) | UNDER 533 (3) | 533- 799 (4) | 800- 999 (5) | 1000- 1199 (6) | 1200- 1399 (7) | 1400 AND OVER (8) | ALL HOUSE- HOLDS (9) | UNDER 6.7 (10) | 6.7- 9.9 (11) | 10.0- 13.9 (12) | 14.0- 17.9 (13) | 18.0- 21.9 (14) | 22.0 AND OVER (15) |
| ALL URBANIZATIONS | | | | | | | | | | | | | | |
| ALL HOUSEHOLDS, YEAR— | 100.0 | 8.0 | 23.2 | 23.2 | 17.2 | 11.7 | 16.8 | 100.0 | 1.5 | 9.1 | 28.0 | 27.1 | 16.7 | 17.6 |
| SPRING— | 100.0 | 8.2 | 22.6 | 22.6 | 17.0 | 12.5 | 17.2 | 100.0 | 1.2 | 9.0 | 25.7 | 27.3 | 16.7 | 20.0 |
| SUMMER— | 100.0 | 9.8 | 20.8 | 22.9 | 17.3 | 10.8 | 18.5 | 100.0 | 2.3 | 9.6 | 28.2 | 27.0 | 15.8 | 17.0 |
| FALL— | 100.0 | 5.9 | 25.2 | 25.4 | 17.6 | 11.3 | 14.7 | 100.0 | 1.1 | 9.4 | 28.0 | 27.9 | 18.1 | 15.5 |
| WINTER— | 100.0 | 7.7 | 24.4 | 21.9 | 17.2 | 12.1 | 16.7 | 100.0 | 1.3 | 8.6 | 30.2 | 26.3 | 16.2 | 17.6 |
| UNDER 1,000— | 100.0 | 23.4 | 28.2 | 12.1 | 8.7 | 7.8 | 19.7 | 100.0 | 7.6 | 11.0 | 23.8 | 18.5 | 17.0 | 22.1 |
| 1,000-1,999— | 100.0 | 12.5 | 27.0 | 19.7 | 14.5 | 7.6 | 18.8 | 100.0 | 2.0 | 13.0 | 17.1 | 26.6 | 15.2 | 26.1 |
| 2,000-2,999— | 100.0 | 10.7 | 27.1 | 22.4 | 15.0 | 8.6 | 16.3 | 100.0 | 2.1 | 10.9 | 19.0 | 26.7 | 16.7 | 24.7 |
| 3,000-3,999— | 100.0 | 7.1 | 31.1 | 21.6 | 15.5 | 10.8 | 13.8 | 100.0 | 1.4 | 7.3 | 26.7 | 29.7 | 13.7 | 21.1 |
| 4,000-4,999— | 100.0 | 6.7 | 25.6 | 20.8 | 17.5 | 9.5 | 19.8 | 100.0 | .8 | 7.1 | 28.1 | 22.0 | 19.2 | 22.8 |
| 5,000-5,999— | 100.0 | 7.7 | 23.1 | 24.2 | 17.3 | 11.5 | 16.3 | 100.0 | 1.9 | 8.5 | 25.8 | 29.1 | 15.3 | 19.5 |
| 6,000-6,999— | 100.0 | 4.3 | 21.5 | 26.7 | 17.8 | 13.0 | 16.6 | 100.0 | 1.0 | 8.9 | 29.2 | 30.2 | 15.8 | 14.8 |
| 7,000-7,999— | 100.0 | 5.9 | 18.9 | 22.3 | 21.7 | 13.9 | 17.4 | 100.0 | .9 | 9.9 | 29.5 | 26.7 | 19.9 | 13.2 |
| 8,000-8,999— | 100.0 | 8.5 | 21.0 | 25.5 | 16.5 | 15.2 | 13.3 | 100.0 | .7 | 10.5 | 35.2 | 20.9 | 17.1 | 15.6 |
| 9,000-9,999— | 100.0 | 7.2 | 21.1 | 22.8 | 18.4 | 13.5 | 16.9 | 100.0 | .0 | 8.8 | 41.9 | 24.5 | 15.3 | 9.5 |
| 10,000-14,999— | 100.0 | 4.6 | 18.0 | 24.9 | 20.1 | 16.0 | 16.3 | 100.0 | .1 | 7.6 | 32.1 | 29.9 | 18.5 | 11.7 |
| 15,000 AND OVER— | 100.0 | 6.1 | 17.9 | 26.7 | 18.9 | 9.1 | 21.2 | 100.0 | .0 | 7.8 | 30.5 | 32.6 | 16.4 | 12.8 |
| URBAN | | | | | | | | | | | | | | |
| ALL HOUSEHOLDS, YEAR— | 100.0 | 8.7 | 24.0 | 23.9 | 17.3 | 11.8 | 14.1 | 100.0 | 1.7 | 10.4 | 29.1 | 27.3 | 16.5 | 15.2 |
| SPRING— | 100.0 | 9.4 | 24.4 | 23.5 | 16.3 | 12.4 | 14.2 | 100.0 | 1.3 | 10.2 | 26.8 | 28.1 | 16.5 | 17.1 |
| SUMMER— | 100.0 | 11.7 | 20.3 | 23.2 | 19.5 | 11.1 | 14.0 | 100.0 | 3.2 | 12.4 | 29.8 | 26.4 | 15.6 | 12.7 |
| FALL— | 100.0 | 5.8 | 26.1 | 26.7 | 16.5 | 10.9 | 13.9 | 100.0 | 1.1 | 9.8 | 29.3 | 28.3 | 17.0 | 14.4 |
| WINTER— | 100.0 | 8.0 | 25.2 | 22.4 | 17.0 | 12.9 | 14.5 | 100.0 | 1.1 | 8.8 | 30.4 | 26.6 | 16.7 | 16.4 |
| UNDER 1,000— | 100.0 | 27.2 | 29.4 | 6.0 | 11.1 | 10.1 | 16.2 | 100.0 | 11.1 | 15.1 | 26.3 | 16.2 | 11.2 | 20.2 |
| 1,000-1,999— | 100.0 | 16.7 | 25.7 | 17.9 | 15.6 | 8.6 | 15.6 | 100.0 | 3.0 | 13.8 | 21.6 | 23.4 | 11.5 | 26.8 |
| 2,000-2,999— | 100.0 | 13.8 | 30.5 | 21.1 | 15.4 | 9.6 | 9.6 | 100.0 | 1.6 | 16.3 | 19.2 | 24.6 | 17.6 | 20.5 |
| 3,000-3,999— | 100.0 | 9.0 | 32.0 | 23.1 | 14.1 | 11.4 | 10.3 | 100.0 | 1.0 | 8.2 | 25.9 | 35.2 | 14.2 | 15.5 |
| 4,000-4,999— | 100.0 | 5.2 | 26.5 | 19.2 | 17.3 | 10.6 | 21.2 | 100.0 | 1.3 | 5.6 | 26.5 | 21.6 | 24.1 | 20.9 |
| 5,000-5,999— | 100.0 | 9.2 | 25.1 | 23.6 | 17.7 | 10.2 | 14.3 | 100.0 | 2.5 | 9.1 | 26.4 | 28.2 | 15.4 | 18.5 |
| 6,000-6,999— | 100.0 | 4.6 | 22.3 | 30.4 | 17.1 | 12.1 | 13.6 | 100.0 | 1.4 | 10.0 | 30.1 | 29.4 | 16.9 | 12.3 |
| 7,000-7,999— | 100.0 | 6.4 | 21.8 | 25.0 | 18.8 | 14.4 | 13.6 | 100.0 | .4 | 10.4 | 31.0 | 29.8 | 17.4 | 11.0 |
| 8,000-8,999— | 100.0 | 9.3 | 21.6 | 25.2 | 17.7 | 17.7 | 8.7 | 100.0 | .9 | 10.8 | 36.9 | 21.9 | 14.4 | 15.3 |
| 9,000-9,999— | 100.0 | 7.4 | 24.9 | 24.6 | 19.2 | 12.3 | 11.8 | 100.0 | .0 | 10.3 | 45.1 | 23.5 | 14.7 | 6.4 |
| 10,000-14,999— | 100.0 | 3.9 | 19.0 | 24.5 | 22.4 | 13.6 | 16.5 | 100.0 | .0 | 8.8 | 31.9 | 29.9 | 18.7 | 10.7 |
| 15,000 AND OVER— | 100.0 | 6.9 | 18.7 | 28.3 | 18.2 | 10.2 | 17.6 | 100.0 | .0 | 9.1 | 30.5 | 32.0 | 17.1 | 11.2 |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 8.--CALCIUM, IRON
--CONTINUED

NORTH CENTRAL

BY ORGANIZATION

| SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 (1) | PERCENT OF HOUSEHOLD DIETS WITH SPECIFIED AMOUNTS OF NUTRIENT PER NUTRITION UNIT PER DAY * | | | | | | | | | | | | | |
|--|---|---------------------|--------------------|--------------------|----------------------|----------------------|-------------------------|-------------------------------|----------------------|---------------------|-----------------------|-----------------------|-----------------------|--------------------------|
| | CALCIUM, IN MILLIGRAMS | | | | | | | IRON, IN MILLIGRAMS | | | | | | |
| | ALL HOUSE- HOLDS (2) | UNDER 533 (3) | 533- 799 (4) | 800- 999 (5) | 1000- 1199 (6) | 1200- 1399 (7) | 1400 AND OVER (8) | ALL HOUSE- HOLDS (9) | UNDER 6.7 (10) | 6.7- 9.9 (11) | 10.0- 13.9 (12) | 14.0- 17.9 (13) | 18.0- 21.9 (14) | 22.0 AND OVER (15) |
| RURAL NONFARM | | | | | | | | | | | | | | |
| ALL HOUSEHOLDS, YEAR----- | 100.0 | 6.2 | 22.6 | 22.7 | 16.9 | 10.8 | 20.7 | 100.0 | 1.5 | 7.6 | 28.0 | 26.6 | 15.5 | 20.7 |
| SPRING----- | 100.0 | 5.0 | 19.3 | 21.1 | 19.2 | 12.8 | 22.4 | 100.0 | 1.2 | 7.8 | 24.8 | 25.3 | 16.0 | 24.8 |
| SUMMER----- | 100.0 | 6.7 | 22.9 | 24.2 | 10.4 | 9.8 | 26.1 | 100.0 | 1.4 | 4.6 | 27.4 | 29.5 | 13.8 | 23.5 |
| FALL----- | 100.0 | 6.1 | 24.4 | 22.9 | 20.6 | 10.7 | 15.3 | 100.0 | 1.5 | 9.2 | 28.2 | 26.7 | 19.8 | 14.5 |
| WINTER----- | 100.0 | 7.2 | 24.0 | 22.4 | 18.1 | 10.1 | 18.1 | 100.0 | 2.1 | 9.3 | 31.1 | 24.6 | 13.1 | 19.6 |
| UNDER 1,000----- | 100.0 | 24.5 | 31.2 | 19.6 | 1.6 | 3.3 | 19.7 | 100.0 | 4.9 | 8.2 | 23.0 | 18.1 | 23.0 | 23.0 |
| 1,000-1,999----- | 100.0 | 5.6 | 34.7 | 25.8 | 11.3 | 4.0 | 18.5 | 100.0 | .8 | 14.5 | 8.1 | 35.5 | 21.8 | 19.4 |
| 2,000-2,999----- | 100.0 | 6.8 | 23.8 | 25.8 | 15.0 | 6.8 | 21.8 | 100.0 | 4.1 | 2.7 | 17.7 | 31.3 | 13.0 | 31.3 |
| 3,000-3,999----- | 100.0 | 4.7 | 32.6 | 17.1 | 17.9 | 10.1 | 17.8 | 100.0 | 3.1 | 7.8 | 31.9 | 16.3 | 9.3 | 31.8 |
| 4,000-4,999----- | 100.0 | 10.7 | 25.0 | 23.2 | 17.5 | 7.5 | 16.3 | 100.0 | .0 | 10.7 | 33.8 | 20.1 | 8.2 | 27.5 |
| 5,000-5,999----- | 100.0 | 4.2 | 20.2 | 27.8 | 16.0 | 12.5 | 19.2 | 100.0 | 1.0 | 7.6 | 27.5 | 31.0 | 12.5 | 20.2 |
| 6,000-6,999----- | 100.0 | 3.2 | 20.1 | 17.5 | 20.1 | 15.9 | 23.3 | 100.0 | .5 | 6.8 | 28.6 | 35.4 | 10.6 | 18.0 |
| 7,000-9,999----- | 100.0 | 5.4 | 14.2 | 21.5 | 22.1 | 10.9 | 26.0 | 100.0 | 1.2 | 8.7 | 31.4 | 20.6 | 23.2 | 14.8 |
| 10,000 AND OVER----- | 100.0 | 6.7 | 12.7 | 23.2 | 12.7 | 23.1 | 21.6 | 100.0 | .7 | 3.0 | 34.3 | 31.3 | 14.9 | 15.7 |
| RURAL FARM | | | | | | | | | | | | | | |
| ALL HOUSEHOLDS, YEAR----- | 100.0 | 5.5 | 18.7 | 18.9 | 18.0 | 12.8 | 26.0 | 100.0 | .1 | 4.5 | 20.3 | 26.9 | 21.5 | 26.6 |
| SPRING----- | 100.0 | 7.0 | 17.7 | 19.9 | 16.3 | 12.2 | 26.9 | 100.0 | .5 | 2.8 | 19.8 | 26.7 | 20.3 | 29.7 |
| SUMMER----- | 100.0 | 4.5 | 18.7 | 17.5 | 20.7 | 11.2 | 27.4 | 100.0 | .0 | 5.4 | 19.9 | 24.0 | 22.8 | 27.8 |
| FALL----- | 100.0 | 4.6 | 19.8 | 22.2 | 18.3 | 16.0 | 19.1 | 100.0 | .0 | 5.9 | 17.9 | 28.4 | 21.4 | 26.5 |
| WINTER----- | 100.0 | 6.1 | 19.0 | 15.6 | 16.1 | 11.8 | 31.3 | 100.0 | .0 | 3.7 | 24.6 | 28.9 | 21.3 | 21.3 |
| UNDER 1,000----- | 100.0 | 7.0 | 18.2 | 17.1 | 15.4 | 9.7 | 32.6 | 100.0 | .9 | 2.2 | 16.6 | 27.8 | 25.1 | 27.3 |
| 1,000-1,999----- | 100.0 | 7.5 | 15.9 | 15.3 | 15.6 | 10.7 | 35.2 | 100.0 | .0 | 5.6 | 15.3 | 22.5 | 18.0 | 38.6 |
| 2,000-2,999----- | 100.0 | 5.2 | 18.7 | 20.4 | 13.0 | 8.2 | 34.5 | 100.0 | .4 | 3.4 | 20.3 | 26.3 | 20.2 | 29.4 |
| 3,000-3,999----- | 100.0 | 3.3 | 24.6 | 23.9 | 17.4 | 9.6 | 21.4 | 100.0 | .0 | 2.6 | 20.3 | 32.3 | 20.2 | 24.6 |
| 4,000-4,999----- | 100.0 | 4.2 | 23.2 | 22.0 | 19.0 | 9.7 | 21.8 | 100.0 | .0 | 5.1 | 22.5 | 28.7 | 23.2 | 20.7 |
| 5,000-5,999----- | 100.0 | 6.6 | 18.4 | 17.1 | 17.9 | 17.9 | 22.1 | 100.0 | .0 | 5.4 | 15.5 | 30.3 | 23.5 | 25.3 |
| 6,000-6,999----- | 100.0 | 4.8 | 18.7 | 17.9 | 18.4 | 13.2 | 26.9 | 100.0 | .5 | 4.9 | 21.3 | 21.1 | 20.5 | 31.5 |
| 7,000-9,999----- | 100.0 | 6.7 | 12.8 | 12.0 | 19.8 | 18.2 | 30.3 | 100.0 | .0 | 5.3 | 20.4 | 19.5 | 25.1 | 29.8 |
| 10,000 AND OVER----- | 100.0 | 5.1 | 18.0 | 29.2 | 18.3 | 13.4 | 16.0 | 100.0 | .0 | 3.3 | 27.5 | 29.7 | 21.9 | 17.7 |

SEE NOTES FOLLOWING WEST, TABLE 18.

YEAR BY SEASON 1965-1966 AND BY INCOME

TABLE 9.--VITAMIN A VALUE, THIAMIN

NORTH CENTRAL

BY URBANIZATION

| SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 (1) | PERCENT OF HOUSEHOLD DIETS WITH SPECIFIED AMOUNTS OF NUTRIENT PER NUTRITION UNIT PER DAY † | | | | | | | | | | | | | |
|--|---|-----------------------|------------------------|------------------------|------------------------|--------------------------|---------------------------|-------------------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|--------------------------|
| | VITAMIN A VALUE, IN INTERNATIONAL UNITS | | | | | | | THIAMIN, IN MILLIGRAMS | | | | | | |
| | ALL HOUSE- HOLDS (2) | UNDER 3,333 (3) | 3,333- 4,999 (4) | 5,000- 7,499 (5) | 7,500- 9,999 (6) | 10,000- 14,999 (7) | 15,000 AND OVER (8) | ALL HOUSE- HOLDS (9) | UNDER 0.80 (10) | 0.80- 1.19 (11) | 1.20- 1.79 (12) | 1.80- 2.39 (13) | 2.40- 2.79 (14) | 2.80 AND OVER (15) |
| ALL URBANIZATIONS | | | | | | | | | | | | | | |
| ALL HOUSEHOLDS, YEAR | 100.0 | 8.0 | 18.2 | 29.8 | 20.0 | 14.6 | 9.4 | 100.0 | 1.8 | 7.7 | 30.8 | 31.2 | 12.9 | 15.6 |
| SPRING----- | 100.0 | 8.7 | 18.4 | 31.2 | 18.4 | 13.4 | 9.9 | 100.0 | 1.1 | 7.0 | 27.8 | 33.4 | 13.2 | 17.4 |
| SUMMER----- | 100.0 | 7.5 | 15.9 | 28.7 | 20.2 | 17.6 | 10.0 | 100.0 | 2.7 | 8.3 | 31.7 | 29.2 | 11.3 | 16.8 |
| FALL----- | 100.0 | 7.0 | 19.8 | 30.6 | 19.8 | 14.7 | 8.3 | 100.0 | 1.4 | 8.1 | 33.7 | 29.9 | 13.6 | 13.3 |
| WINTER----- | 100.0 | 9.0 | 18.9 | 28.7 | 21.5 | 12.9 | 9.0 | 100.0 | 1.6 | 7.5 | 30.4 | 32.3 | 13.4 | 14.7 |
| UNDER 1,000----- | 100.0 | 24.1 | 32.1 | 15.0 | 13.0 | 8.4 | 7.4 | 100.0 | 4.3 | 16.7 | 24.2 | 22.7 | 15.1 | 16.9 |
| 1,000-1,999----- | 100.0 | 18.4 | 17.1 | 31.1 | 12.7 | 10.3 | 10.2 | 100.0 | 3.5 | 10.1 | 30.2 | 28.5 | 10.0 | 17.6 |
| 2,000-2,999----- | 100.0 | 10.1 | 18.5 | 29.7 | 15.9 | 12.5 | 13.2 | 100.0 | 3.0 | 10.4 | 28.8 | 24.7 | 14.1 | 18.9 |
| 3,000-3,999----- | 100.0 | 10.3 | 18.2 | 30.7 | 16.0 | 15.2 | 9.5 | 100.0 | .6 | 10.5 | 36.5 | 29.0 | 10.7 | 12.8 |
| 4,000-4,999----- | 100.0 | 6.9 | 17.0 | 30.9 | 19.0 | 15.9 | 10.3 | 100.0 | 1.0 | 7.6 | 30.8 | 27.6 | 14.7 | 18.3 |
| 5,000-5,999----- | 100.0 | 6.7 | 21.2 | 27.3 | 21.9 | 12.6 | 10.4 | 100.0 | 1.3 | 7.7 | 30.5 | 30.2 | 11.6 | 18.7 |
| 6,000-6,999----- | 100.0 | 3.5 | 20.4 | 29.1 | 22.7 | 16.1 | 8.3 | 100.0 | 1.0 | 5.5 | 28.8 | 38.6 | 13.7 | 12.2 |
| 7,000-7,999----- | 100.0 | 6.4 | 15.6 | 33.3 | 18.9 | 15.9 | 9.8 | 100.0 | 1.5 | 4.3 | 28.9 | 34.7 | 14.2 | 16.3 |
| 8,000-8,999----- | 100.0 | 6.4 | 12.6 | 37.5 | 18.7 | 15.1 | 7.7 | 100.0 | 1.3 | 7.9 | 35.1 | 27.5 | 12.0 | 16.1 |
| 9,000-9,999----- | 100.0 | 8.4 | 14.6 | 34.0 | 21.8 | 14.5 | 6.6 | 100.0 | .3 | 4.8 | 39.2 | 31.3 | 12.7 | 11.7 |
| 10,000-14,999----- | 100.0 | 3.2 | 16.5 | 28.0 | 27.4 | 16.0 | 9.0 | 100.0 | .5 | 5.1 | 30.7 | 34.5 | 15.3 | 13.7 |
| 15,000 AND OVER---- | 100.0 | 2.9 | 11.4 | 28.1 | 25.1 | 22.0 | 10.7 | 100.0 | 1.4 | 5.8 | 33.0 | 37.4 | 9.7 | 12.7 |
| URBAN | | | | | | | | | | | | | | |
| ALL HOUSEHOLDS, YEAR | 100.0 | 8.5 | 18.6 | 28.7 | 21.1 | 14.0 | 9.0 | 100.0 | 2.0 | 8.5 | 32.3 | 31.3 | 12.4 | 13.5 |
| SPRING----- | 100.0 | 9.6 | 18.6 | 30.2 | 18.6 | 13.0 | 9.9 | 100.0 | 1.4 | 8.1 | 28.9 | 33.9 | 13.2 | 14.4 |
| SUMMER----- | 100.0 | 7.4 | 16.4 | 28.8 | 22.4 | 16.9 | 8.3 | 100.0 | 3.7 | 9.7 | 32.2 | 30.4 | 10.3 | 13.7 |
| FALL----- | 100.0 | 7.7 | 20.0 | 28.5 | 20.8 | 14.4 | 8.6 | 100.0 | 1.6 | 8.3 | 35.2 | 29.3 | 12.5 | 13.1 |
| WINTER----- | 100.0 | 9.4 | 19.2 | 27.1 | 22.7 | 12.0 | 9.6 | 100.0 | 1.3 | 7.7 | 32.9 | 31.8 | 13.7 | 12.6 |
| UNDER 1,000----- | 100.0 | 27.3 | 34.3 | 8.1 | 13.1 | 9.1 | 8.1 | 100.0 | 5.0 | 25.2 | 24.3 | 18.2 | 18.2 | 9.1 |
| 1,000-1,999----- | 100.0 | 21.6 | 14.9 | 32.0 | 11.5 | 7.8 | 12.2 | 100.0 | 5.2 | 13.3 | 28.9 | 25.6 | 8.9 | 17.8 |
| 2,000-2,999----- | 100.0 | 12.2 | 21.5 | 25.6 | 14.1 | 14.1 | 12.4 | 100.0 | 4.2 | 14.1 | 27.2 | 24.0 | 12.8 | 17.6 |
| 3,000-3,999----- | 100.0 | 11.0 | 20.0 | 27.9 | 17.9 | 14.8 | 8.2 | 100.0 | .0 | 11.4 | 43.1 | 29.3 | 8.6 | 7.6 |
| 4,000-4,999----- | 100.0 | 6.3 | 15.2 | 32.8 | 18.5 | 15.9 | 11.2 | 100.0 | 1.3 | 6.4 | 31.8 | 27.1 | 17.2 | 16.2 |
| 5,000-5,999----- | 100.0 | 7.7 | 24.2 | 22.5 | 24.0 | 11.5 | 10.1 | 100.0 | 1.5 | 9.8 | 29.4 | 30.4 | 11.4 | 17.5 |
| 6,000-6,999----- | 100.0 | 4.3 | 20.4 | 29.7 | 22.8 | 16.1 | 6.8 | 100.0 | 1.3 | 6.4 | 29.8 | 39.2 | 12.8 | 10.5 |
| 7,000-7,999----- | 100.0 | 5.6 | 16.6 | 34.0 | 19.2 | 16.0 | 8.6 | 100.0 | 1.6 | 3.6 | 32.0 | 35.0 | 13.2 | 14.6 |
| 8,000-8,999----- | 100.0 | 9.0 | 13.8 | 37.4 | 22.2 | 9.6 | 8.1 | 100.0 | 1.8 | 7.8 | 39.0 | 26.1 | 11.4 | 14.1 |
| 9,000-9,999----- | 100.0 | 8.4 | 14.7 | 34.8 | 25.0 | 11.8 | 5.4 | 100.0 | .5 | 5.0 | 42.1 | 30.9 | 12.7 | 8.8 |
| 10,000-14,999----- | 100.0 | 3.9 | 13.2 | 28.6 | 27.8 | 15.7 | 10.7 | 100.0 | .8 | 5.0 | 32.1 | 34.3 | 15.4 | 12.6 |
| 15,000 AND OVER---- | 100.0 | 3.2 | 11.8 | 27.8 | 25.1 | 19.8 | 12.2 | 100.0 | 1.6 | 6.4 | 33.7 | 35.1 | 9.0 | 11.0 |

TABLE 9.--VITAMIN A VALUE, THIAMIN
--CONTINUED

NORTH CENTRAL

BY URBANIZATION

| SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 (1) | PERCENT OF HOUSEHOLD DIETS WITH SPECIFIED AMOUNTS OF NUTRIENT PER NUTRITION UNIT PER DAY * | | | | | | | | | | | | | |
|--|---|-----------------------|------------------------|------------------------|------------------------|--------------------------|---------------------------|-------------------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|--------------------------|
| | VITAMIN A VALUE, IN INTERNATIONAL UNITS | | | | | | | THIAMIN, IN MILLIGRAMS | | | | | | |
| | ALL HOUSE- HOLDS (2) | UNDER 3,333 (3) | 3,333- 4,999 (4) | 5,000- 7,499 (5) | 7,500- 9,999 (6) | 10,000- 14,999 (7) | 15,000 AND OVER (8) | ALL HOUSE- HOLDS (9) | UNDER 0.80 (10) | 0.80- 1.19 (11) | 1.20- 1.79 (12) | 1.80- 2.39 (13) | 2.40- 2.79 (14) | 2.80 AND OVER (15) |
| RURAL NONFARM | | | | | | | | | | | | | | |
| ALL HOUSEHOLDS, YEAR-- | 100.0 | 7.9 | 18.9 | 32.9 | 16.0 | 14.5 | 10.0 | 100.0 | 1.3 | 7.3 | 30.2 | 30.8 | 13.0 | 17.5 |
| SPRING----- | 100.0 | 7.1 | 18.2 | 33.4 | 17.0 | 14.0 | 10.3 | 100.0 | .7 | 5.7 | 26.8 | 31.7 | 12.0 | 23.1 |
| SUMMER----- | 100.0 | 9.2 | 16.3 | 30.7 | 13.1 | 17.0 | 13.8 | 100.0 | 1.4 | 6.0 | 34.0 | 27.4 | 12.4 | 19.0 |
| FALL----- | 100.0 | 6.1 | 22.1 | 35.1 | 16.0 | 13.7 | 6.9 | 100.0 | .8 | 9.1 | 34.3 | 30.6 | 15.3 | 9.9 |
| WINTER----- | 100.0 | 8.7 | 19.6 | 32.6 | 18.1 | 13.0 | 7.9 | 100.0 | 2.1 | 8.6 | 25.4 | 34.1 | 12.3 | 17.4 |
| UNDER 1,000----- | 100.0 | 26.2 | 31.1 | 23.0 | 8.2 | 6.5 | 4.9 | 100.0 | 4.9 | 8.1 | 26.2 | 26.3 | 11.5 | 23.0 |
| 1,000-1,999----- | 100.0 | 16.1 | 20.2 | 30.6 | 15.3 | 11.3 | 6.4 | 100.0 | .8 | 5.6 | 37.8 | 36.3 | 10.5 | 8.9 |
| 2,000-2,999----- | 100.0 | 7.5 | 14.3 | 36.1 | 19.0 | 8.8 | 14.3 | 100.0 | 2.0 | 6.7 | 35.3 | 20.4 | 17.7 | 17.7 |
| 3,000-3,999----- | 100.0 | 10.1 | 17.1 | 38.8 | 6.2 | 13.2 | 14.8 | 100.0 | 2.3 | 11.7 | 27.2 | 28.0 | 11.6 | 19.4 |
| 4,000-4,999----- | 100.0 | 10.1 | 20.6 | 28.1 | 17.5 | 14.4 | 9.4 | 100.0 | .0 | 11.4 | 35.6 | 23.8 | 8.8 | 20.6 |
| 5,000-5,999----- | 100.0 | 4.8 | 17.4 | 35.9 | 16.0 | 14.0 | 11.8 | 100.0 | 1.0 | 4.2 | 34.2 | 29.3 | 11.1 | 20.2 |
| 6,000-6,999----- | 100.0 | .5 | 22.2 | 28.0 | 22.2 | 15.9 | 11.1 | 100.0 | .5 | 2.6 | 28.1 | 39.1 | 15.3 | 14.3 |
| 7,000-9,999----- | 100.0 | 9.0 | 11.8 | 35.3 | 13.6 | 20.8 | 9.3 | 100.0 | .9 | 7.2 | 25.4 | 35.1 | 13.6 | 17.8 |
| 10,000 AND OVER----- | 100.0 | .7 | 29.9 | 26.1 | 23.9 | 17.9 | 1.4 | 100.0 | .0 | 5.9 | 26.2 | 35.8 | 15.7 | 16.4 |
| RURAL FARM | | | | | | | | | | | | | | |
| ALL HOUSEHOLDS, YEAR-- | 100.0 | 4.9 | 14.1 | 29.5 | 22.4 | 19.3 | 9.9 | 100.0 | .4 | 3.7 | 22.6 | 31.2 | 15.8 | 26.2 |
| SPRING----- | 100.0 | 5.8 | 17.8 | 32.4 | 20.5 | 14.9 | 8.5 | 100.0 | .4 | 2.1 | 22.6 | 33.6 | 16.1 | 25.2 |
| SUMMER----- | 100.0 | 2.9 | 12.0 | 23.2 | 24.9 | 23.6 | 13.2 | 100.0 | .4 | 4.9 | 22.1 | 27.0 | 14.5 | 31.1 |
| FALL----- | 100.0 | 4.3 | 12.1 | 33.9 | 21.8 | 18.6 | 9.4 | 100.0 | .4 | 4.7 | 21.0 | 33.0 | 17.5 | 23.3 |
| WINTER----- | 100.0 | 7.1 | 14.7 | 28.9 | 22.3 | 19.4 | 7.6 | 100.0 | 1.0 | 2.9 | 25.6 | 31.7 | 14.7 | 24.2 |
| UNDER 1,000----- | 100.0 | 8.4 | 25.9 | 22.0 | 23.0 | 10.2 | 10.5 | 100.0 | .9 | 4.8 | 19.7 | 30.8 | 12.0 | 31.7 |
| 1,000-1,999----- | 100.0 | 8.5 | 21.1 | 28.1 | 12.5 | 20.6 | 9.2 | 100.0 | 1.1 | 4.4 | 18.7 | 25.1 | 14.5 | 36.0 |
| 2,000-2,999----- | 100.0 | 6.8 | 14.0 | 34.2 | 17.5 | 13.3 | 14.2 | 100.0 | .4 | 2.0 | 21.7 | 36.4 | 12.2 | 27.2 |
| 3,000-3,999----- | 100.0 | 7.2 | 12.3 | 27.5 | 27.0 | 21.4 | 4.8 | 100.0 | .0 | 3.9 | 25.4 | 29.8 | 17.7 | 23.2 |
| 4,000-4,999----- | 100.0 | 2.5 | 16.4 | 29.3 | 24.2 | 19.4 | 8.4 | 100.0 | 1.7 | 4.8 | 15.1 | 38.4 | 17.4 | 22.3 |
| 5,000-5,999----- | 100.0 | 4.5 | 11.2 | 34.9 | 26.0 | 15.4 | 8.2 | 100.0 | .8 | 4.2 | 27.5 | 31.2 | 14.4 | 21.9 |
| 6,000-6,999----- | 100.0 | 3.9 | 13.7 | 25.4 | 23.4 | 17.5 | 16.0 | 100.0 | .0 | 3.3 | 22.0 | 31.0 | 18.6 | 25.1 |
| 7,000-9,999----- | 100.0 | 4.1 | 13.8 | 26.2 | 19.3 | 22.6 | 14.0 | 100.0 | .0 | 3.4 | 21.1 | 24.5 | 20.1 | 30.9 |
| 10,000 AND OVER----- | 100.0 | 1.0 | 10.0 | 27.6 | 30.3 | 25.3 | 5.9 | 100.0 | .0 | 4.1 | 28.4 | 29.5 | 15.7 | 22.2 |

* SEE NOTES FOLLOWING WEST, TABLE 18.

| SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 (1) | PERCENT OF HOUSEHOLD DIETS WITH SPECIFIED AMOUNTS OF NUTRIENT PER NUTRITION UNIT PER DAY * | | | | | | | | | | | | | |
|--|---|----------------------|----------------------|----------------------|----------------------|----------------------|-------------------------|-------------------------------|---------------------|-------------------|-------------------|--------------------|---------------------|-------------------------|
| | RIBOFLAVIN, IN MILLIGRAMS | | | | | | | ASCORBIC ACID, IN MILLIGRAMS | | | | | | |
| | ALL HOUSE- HOLDS (2) | UNDER 1.13 (3) | 1.13- 1.69 (4) | 1.70- 2.49 (5) | 2.50- 2.89 (6) | 2.90- 3.29 (7) | 3.30 AND OVER (8) | ALL HOUSE- HOLDS (9) | UNDER 47 (10) | 47- 69 (11) | 70- 89 (12) | 90- 129 (13) | 130- 169 (14) | 170 AND OVER (15) |
| ALL URBANIZATIONS | | | | | | | | | | | | | | |
| ALL HOUSEHOLDS, YEAR-- | 100.0 | .7 | 4.6 | 26.4 | 17.1 | 15.5 | 35.6 | 100.0 | 10.9 | 16.5 | 14.9 | 26.2 | 14.3 | 17.2 |
| SPRING----- | 100.0 | .7 | 5.1 | 19.6 | 15.4 | 14.7 | 44.6 | 100.0 | 14.5 | 14.4 | 13.9 | 25.5 | 14.9 | 16.8 |
| SUMMER----- | 100.0 | 1.4 | 4.7 | 25.5 | 17.9 | 14.5 | 36.1 | 100.0 | 8.2 | 16.1 | 15.1 | 24.8 | 15.3 | 20.6 |
| FALL----- | 100.0 | .2 | 4.2 | 27.2 | 17.1 | 16.3 | 35.1 | 100.0 | 12.4 | 18.3 | 16.7 | 27.2 | 13.3 | 12.2 |
| WINTER----- | 100.0 | .6 | 4.6 | 28.6 | 17.6 | 15.0 | 33.7 | 100.0 | 8.1 | 17.7 | 14.0 | 27.3 | 13.7 | 19.0 |
| UNDER 1,000----- | 100.0 | 3.9 | 11.7 | 38.7 | 4.2 | 11.9 | 29.6 | 100.0 | 29.6 | 13.5 | 13.3 | 22.4 | 8.9 | 12.5 |
| 1,000-1,999----- | 100.0 | 1.6 | 9.0 | 27.9 | 12.9 | 15.0 | 33.8 | 100.0 | 18.4 | 24.1 | 16.9 | 17.9 | 7.8 | 14.9 |
| 2,000-2,999----- | 100.0 | 1.3 | 7.1 | 27.0 | 15.0 | 13.1 | 36.6 | 100.0 | 17.3 | 23.2 | 14.2 | 22.3 | 8.8 | 14.3 |
| 3,000-3,999----- | 100.0 | .0 | 3.8 | 30.4 | 20.0 | 14.3 | 31.4 | 100.0 | 13.6 | 23.4 | 14.5 | 24.3 | 15.4 | 8.9 |
| 4,000-4,999----- | 100.0 | .2 | 5.5 | 27.5 | 14.8 | 15.1 | 37.0 | 100.0 | 10.7 | 17.4 | 18.0 | 22.0 | 12.1 | 20.0 |
| 5,000-5,999----- | 100.0 | .7 | 3.5 | 28.6 | 18.2 | 13.5 | 35.5 | 100.0 | 10.7 | 18.6 | 15.3 | 25.3 | 15.1 | 14.9 |
| 6,000-6,999----- | 100.0 | .0 | 4.0 | 22.4 | 18.2 | 18.4 | 37.0 | 100.0 | 8.6 | 16.2 | 15.9 | 28.0 | 12.6 | 18.7 |
| 7,000-7,999----- | 100.0 | .0 | 3.5 | 23.8 | 15.7 | 16.6 | 40.3 | 100.0 | 7.1 | 11.8 | 15.7 | 32.1 | 17.4 | 15.8 |
| 8,000-8,999----- | 100.0 | .9 | 3.2 | 26.8 | 18.6 | 15.9 | 34.8 | 100.0 | 9.5 | 14.9 | 13.3 | 30.2 | 15.1 | 17.0 |
| 9,000-9,999----- | 100.0 | .3 | 2.0 | 29.7 | 23.5 | 14.1 | 30.3 | 100.0 | 6.5 | 15.8 | 13.6 | 24.6 | 16.5 | 22.9 |
| 10,000-14,999----- | 100.0 | .1 | 1.9 | 21.1 | 20.4 | 18.1 | 38.2 | 100.0 | 2.6 | 10.6 | 15.0 | 29.8 | 21.8 | 20.1 |
| 15,000 AND OVER---- | 100.0 | .0 | 4.9 | 17.8 | 14.6 | 22.0 | 40.6 | 100.0 | 3.2 | 6.4 | 12.1 | 32.5 | 17.8 | 28.1 |
| URBAN | | | | | | | | | | | | | | |
| ALL HOUSEHOLDS, YEAR-- | 100.0 | .9 | 5.3 | 26.9 | 17.9 | 16.3 | 32.8 | 100.0 | 11.0 | 16.3 | 14.9 | 27.1 | 14.0 | 16.6 |
| SPRING----- | 100.0 | .9 | 6.0 | 20.9 | 15.4 | 15.2 | 41.6 | 100.0 | 15.3 | 14.3 | 13.1 | 25.6 | 15.4 | 16.2 |
| SUMMER----- | 100.0 | 1.9 | 5.3 | 26.1 | 20.1 | 15.0 | 31.7 | 100.0 | 9.3 | 15.3 | 17.1 | 24.8 | 15.0 | 18.5 |
| FALL----- | 100.0 | .3 | 4.1 | 28.0 | 17.1 | 17.1 | 33.6 | 100.0 | 12.0 | 16.5 | 16.6 | 29.9 | 12.8 | 12.3 |
| WINTER----- | 100.0 | .5 | 5.2 | 28.2 | 18.4 | 16.4 | 31.2 | 100.0 | 7.4 | 19.1 | 12.9 | 28.2 | 12.6 | 19.7 |
| UNDER 1,000----- | 100.0 | 4.0 | 19.2 | 36.4 | 1.0 | 13.1 | 26.3 | 100.0 | 34.4 | 9.1 | 11.1 | 24.3 | 10.1 | 11.1 |
| 1,000-1,999----- | 100.0 | 2.2 | 12.6 | 29.8 | 10.4 | 14.5 | 30.5 | 100.0 | 18.6 | 24.5 | 19.4 | 13.8 | 4.0 | 19.7 |
| 2,000-2,999----- | 100.0 | 1.3 | 9.7 | 28.6 | 16.3 | 13.5 | 30.8 | 100.0 | 19.5 | 23.8 | 13.1 | 21.8 | 8.0 | 13.8 |
| 3,000-3,999----- | 100.0 | .0 | 5.0 | 29.0 | 24.1 | 15.5 | 26.2 | 100.0 | 14.4 | 26.6 | 14.9 | 25.2 | 13.1 | 5.9 |
| 4,000-4,999----- | 100.0 | .3 | 2.9 | 28.5 | 14.2 | 15.2 | 38.7 | 100.0 | 12.3 | 14.3 | 18.8 | 23.5 | 13.2 | 17.9 |
| 5,000-5,999----- | 100.0 | 1.1 | 4.3 | 28.2 | 18.6 | 16.2 | 31.8 | 100.0 | 12.9 | 19.8 | 14.9 | 25.7 | 13.5 | 13.1 |
| 6,000-6,999----- | 100.0 | .0 | 4.3 | 24.6 | 17.8 | 19.9 | 33.4 | 100.0 | 9.3 | 15.9 | 14.9 | 28.0 | 13.3 | 18.6 |
| 7,000-7,999----- | 100.0 | .0 | 2.8 | 26.8 | 17.0 | 16.2 | 37.2 | 100.0 | 6.2 | 14.0 | 17.0 | 33.2 | 16.2 | 13.4 |
| 8,000-8,999----- | 100.0 | 1.2 | 3.0 | 28.8 | 19.2 | 16.5 | 31.4 | 100.0 | 9.0 | 16.5 | 12.9 | 32.1 | 16.5 | 13.2 |
| 9,000-9,999----- | 100.0 | .5 | 2.0 | 33.8 | 25.5 | 13.7 | 24.5 | 100.0 | 6.4 | 13.8 | 18.2 | 29.9 | 14.8 | 17.2 |
| 10,000-14,999----- | 100.0 | .2 | 1.8 | 19.9 | 22.2 | 18.1 | 37.9 | 100.0 | 2.6 | 8.4 | 16.1 | 29.9 | 23.0 | 20.0 |
| 15,000 AND OVER---- | 100.0 | .0 | 5.3 | 18.1 | 15.5 | 21.9 | 39.0 | 100.0 | 3.2 | 6.9 | 7.4 | 33.7 | 18.7 | 29.9 |

TABLE 10.--RIBOFLAVIN, ASCORBIC ACID
--CONTINUED

NORTH CENTRAL

BY URBANIZATION

| SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 (1) | PERCENT OF HOUSEHOLD DIETS WITH SPECIFIED AMOUNTS OF NUTRIENT PER NUTRITION UNIT PER DAY * | | | | | | | | | | | | | |
|--|---|----------------------|----------------------|----------------------|----------------------|----------------------|-------------------------|-------------------------------|---------------------|-------------------|-------------------|--------------------|---------------------|-------------------------|
| | RIBOFLAVIN, IN MILLIGRAMS | | | | | | | ASCORBIC ACID, IN MILLIGRAMS | | | | | | |
| | ALL HOUSE- HOLDS (2) | UNDER 1.13 (3) | 1.13- 1.69 (4) | 1.70- 2.49 (5) | 2.50- 2.89 (6) | 2.90- 3.29 (7) | 3.30 AND OVER (8) | ALL HOUSE- HOLDS (9) | UNDER 47 (10) | 47- 69 (11) | 70- 89 (12) | 90- 129 (13) | 130- 169 (14) | 170 AND OVER (15) |
| RURAL NONFARM | | | | | | | | | | | | | | |
| ALL HOUSEHOLDS, YEAR- | 100.0 | .4 | 3.5 | 28.5 | 16.1 | 13.1 | 38.3 | 100.0 | 10.7 | 17.3 | 14.8 | 23.4 | 14.9 | 19.0 |
| SPRING----- | 100.0 | .2 | 3.3 | 17.2 | 16.7 | 13.3 | 49.1 | 100.0 | 12.6 | 13.6 | 14.3 | 26.0 | 13.7 | 19.9 |
| SUMMER----- | 100.0 | .7 | 4.0 | 27.4 | 15.7 | 11.8 | 40.5 | 100.0 | 7.2 | 19.0 | 11.1 | 24.8 | 15.0 | 22.9 |
| FALL----- | 100.0 | .0 | 4.6 | 29.8 | 17.6 | 13.7 | 34.4 | 100.0 | 14.6 | 21.4 | 16.8 | 19.1 | 15.2 | 13.0 |
| WINTER----- | 100.0 | .7 | 2.8 | 31.9 | 15.9 | 12.3 | 36.2 | 100.0 | 9.4 | 15.2 | 17.4 | 23.1 | 15.2 | 19.6 |
| UNDER 1,000----- | 100.0 | 4.9 | 3.2 | 50.8 | 6.6 | 9.8 | 24.6 | 100.0 | 27.9 | 19.7 | 14.7 | 16.4 | 6.5 | 14.8 |
| 1,000-1,999----- | 100.0 | .8 | 2.4 | 28.3 | 20.2 | 16.1 | 32.3 | 100.0 | 19.3 | 24.2 | 11.3 | 24.2 | 16.1 | 4.8 |
| 2,000-2,999----- | 100.0 | 2.0 | 4.0 | 28.0 | 12.2 | 12.9 | 40.8 | 100.0 | 13.0 | 24.5 | 16.3 | 20.4 | 9.6 | 16.3 |
| 3,000-3,999----- | 100.0 | .0 | 2.3 | 37.2 | 11.6 | 10.1 | 38.8 | 100.0 | 12.4 | 20.1 | 11.7 | 22.5 | 19.4 | 14.0 |
| 4,000-4,999----- | 100.0 | .0 | 10.7 | 28.1 | 16.3 | 15.0 | 30.0 | 100.0 | 10.6 | 23.2 | 18.1 | 17.6 | 6.3 | 24.4 |
| 5,000-5,999----- | 100.0 | .0 | 1.3 | 33.8 | 17.8 | 7.0 | 40.1 | 100.0 | 5.9 | 16.4 | 15.3 | 24.1 | 18.9 | 19.5 |
| 6,000-6,999----- | 100.0 | .0 | 2.6 | 17.9 | 20.6 | 13.8 | 45.0 | 100.0 | 5.8 | 16.4 | 19.6 | 29.1 | 10.0 | 19.0 |
| 7,000-9,999----- | 100.0 | .0 | 4.5 | 20.2 | 16.6 | 16.0 | 42.6 | 100.0 | 9.9 | 10.3 | 10.9 | 23.9 | 18.4 | 26.6 |
| 10,000 AND OVER---- | 100.0 | .0 | 2.2 | 26.1 | 11.2 | 19.4 | 41.0 | 100.0 | 2.9 | 17.9 | 15.6 | 28.4 | 17.2 | 17.9 |
| RURAL FARM | | | | | | | | | | | | | | |
| ALL HOUSEHOLDS, YEAR- | 100.0 | .1 | 3.3 | 17.2 | 14.3 | 15.6 | 49.4 | 100.0 | 9.7 | 16.4 | 15.4 | 27.1 | 15.1 | 16.4 |
| SPRING----- | 100.0 | .2 | 2.2 | 16.6 | 12.2 | 13.8 | 55.1 | 100.0 | 13.3 | 16.8 | 19.1 | 23.1 | 13.8 | 13.9 |
| SUMMER----- | 100.0 | .0 | 3.3 | 15.7 | 10.0 | 17.8 | 53.1 | 100.0 | 4.5 | 13.2 | 11.6 | 24.4 | 17.4 | 28.6 |
| FALL----- | 100.0 | .0 | 3.9 | 14.8 | 16.3 | 16.7 | 48.2 | 100.0 | 9.8 | 22.6 | 17.9 | 29.1 | 10.9 | 9.7 |
| WINTER----- | 100.0 | .5 | 3.3 | 20.8 | 17.1 | 11.8 | 46.4 | 100.0 | 11.8 | 12.8 | 13.3 | 32.7 | 18.5 | 10.9 |
| UNDER 1,000----- | 100.0 | .9 | 3.5 | 20.3 | 10.2 | 12.3 | 52.8 | 100.0 | 15.9 | 15.9 | 17.6 | 28.5 | 9.7 | 12.3 |
| 1,000-1,999----- | 100.0 | .0 | 6.0 | 17.2 | 8.7 | 14.6 | 53.4 | 100.0 | 15.5 | 21.8 | 17.7 | 23.8 | 7.3 | 13.8 |
| 2,000-2,999----- | 100.0 | .0 | 2.0 | 17.9 | 14.7 | 11.7 | 53.6 | 100.0 | 16.2 | 17.6 | 15.0 | 28.2 | 11.1 | 12.0 |
| 3,000-3,999----- | 100.0 | .0 | .8 | 23.8 | 18.0 | 17.2 | 40.2 | 100.0 | 11.7 | 15.9 | 18.5 | 23.8 | 17.8 | 12.1 |
| 4,000-4,999----- | 100.0 | .0 | 4.0 | 21.8 | 13.5 | 15.1 | 45.6 | 100.0 | 4.1 | 17.9 | 13.6 | 25.5 | 20.2 | 18.8 |
| 5,000-5,999----- | 100.0 | .0 | 5.2 | 15.0 | 16.6 | 15.3 | 47.9 | 100.0 | 9.5 | 16.7 | 18.5 | 26.9 | 15.2 | 13.2 |
| 6,000-6,999----- | 100.0 | .0 | 3.7 | 13.9 | 15.1 | 16.9 | 50.4 | 100.0 | 9.9 | 17.7 | 13.3 | 25.4 | 14.9 | 18.8 |
| 7,000-9,999----- | 100.0 | .0 | 2.2 | 12.4 | 9.0 | 16.9 | 59.5 | 100.0 | 7.0 | 12.7 | 12.2 | 27.1 | 15.3 | 25.8 |
| 10,000 AND OVER---- | 100.0 | .0 | 4.6 | 17.7 | 20.3 | 16.8 | 40.5 | 100.0 | 3.1 | 10.3 | 17.6 | 28.9 | 16.2 | 24.0 |

| SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 | PERCENT OF HOUSEHOLD DIETS WITH SPECIFIED AMOUNTS OF NUTRIENT PER NUTRITION UNIT PER DAY | | | | | | | |
|---|---|---------|---------|------|-----------------------|---------|-----------------|------------------|
| | ANY NUTRIENT (OF 7) | PROTEIN | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO- FLAVIN | ASCORBIC ACID |
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) |

LESS THAN RECOMMENDED ALLOWANCE (1963)

| | | | | | | | | |
|-----------------------|------|------|------|------|------|------|------|------|
| ALL HOUSEHOLDS, YEAR- | 51.7 | 5.0 | 31.2 | 10.6 | 26.2 | 9.5 | 5.3 | 27.4 |
| SPRING----- | 51.9 | 4.3 | 30.8 | 10.2 | 27.1 | 8.1 | 5.8 | 28.9 |
| SUMMER----- | 47.9 | 5.7 | 30.6 | 11.9 | 23.4 | 11.0 | 6.1 | 24.3 |
| FALL----- | 54.6 | 5.2 | 31.1 | 10.5 | 26.8 | 9.5 | 4.4 | 30.7 |
| WINTER----- | 52.8 | 5.4 | 32.1 | 9.9 | 27.9 | 9.1 | 5.2 | 25.8 |
| UNDER 1,000----- | 71.4 | 13.8 | 51.6 | 18.6 | 56.2 | 21.0 | 15.6 | 43.1 |
| 1,000-1,999----- | 63.9 | 12.5 | 39.5 | 15.0 | 35.5 | 13.6 | 10.6 | 42.5 |
| 2,000-2,999----- | 62.6 | 14.0 | 37.8 | 13.0 | 28.6 | 13.4 | 8.4 | 40.5 |
| 3,000-3,999----- | 61.4 | 4.8 | 38.2 | 8.7 | 28.5 | 11.1 | 3.8 | 37.0 |
| 4,000-4,999----- | 52.4 | 2.8 | 32.3 | 7.9 | 23.9 | 8.6 | 5.7 | 28.1 |
| 5,000-5,999----- | 54.1 | 3.2 | 30.8 | 10.4 | 27.9 | 9.0 | 4.2 | 29.3 |
| 6,000-6,999----- | 49.2 | 2.6 | 25.8 | 9.9 | 23.9 | 6.5 | 4.0 | 24.8 |
| 7,000-7,999----- | 43.0 | 2.2 | 24.8 | 10.8 | 22.0 | 5.8 | 3.5 | 18.9 |
| 8,000-8,999----- | 46.8 | 4.4 | 29.5 | 11.2 | 21.0 | 9.2 | 4.1 | 24.4 |
| 9,000-9,999----- | 43.8 | .8 | 28.3 | 8.8 | 23.0 | 5.1 | 2.3 | 22.3 |
| 10,000-14,999----- | 38.0 | 2.2 | 22.6 | 7.7 | 19.7 | 5.6 | 2.0 | 13.2 |
| 15,000 AND OVER---- | 36.6 | 1.4 | 24.0 | 7.8 | 14.3 | 7.2 | 4.9 | 9.6 |

LESS THAN TWO-THIRDS RECOMMENDED ALLOWANCE (1963)

| | | | | | | | | |
|-----------------------|------|-----|------|-----|------|-----|-----|------|
| ALL HOUSEHOLDS, YEAR- | 19.5 | .7 | 8.0 | 1.5 | 8.0 | 1.8 | .7 | 10.9 |
| SPRING----- | 22.2 | .6 | 8.2 | 1.2 | 8.7 | 1.1 | .7 | 14.5 |
| SUMMER----- | 17.6 | 1.0 | 9.8 | 2.3 | 7.5 | 2.7 | 1.4 | 8.2 |
| FALL----- | 19.6 | .8 | 5.9 | 1.1 | 7.0 | 1.4 | .2 | 12.4 |
| WINTER----- | 18.6 | .6 | 7.7 | 1.3 | 9.0 | 1.6 | .6 | 8.1 |
| UNDER 1,000----- | 37.8 | 2.7 | 23.4 | 7.6 | 24.1 | 4.3 | 3.9 | 29.6 |
| 1,000-1,999----- | 32.0 | 2.0 | 12.5 | 2.0 | 18.4 | 3.5 | 1.6 | 18.4 |
| 2,000-2,999----- | 28.9 | 4.2 | 10.7 | 2.1 | 10.1 | 3.0 | 1.3 | 17.3 |
| 3,000-3,999----- | 24.7 | .0 | 7.1 | 1.4 | 10.3 | .6 | .0 | 13.6 |
| 4,000-4,999----- | 17.2 | .2 | 6.7 | .8 | 6.9 | 1.0 | .2 | 10.7 |
| 5,000-5,999----- | 19.8 | .3 | 7.7 | 1.9 | 6.7 | 1.3 | .7 | 10.7 |
| 6,000-6,999----- | 13.4 | .0 | 4.3 | 1.0 | 3.5 | 1.0 | .0 | 8.6 |
| 7,000-7,999----- | 15.2 | .0 | 5.9 | .9 | 6.4 | 1.5 | .0 | 7.1 |
| 8,000-8,999----- | 19.5 | .0 | 8.5 | .7 | 8.4 | 1.3 | .9 | 9.5 |
| 9,000-9,999----- | 16.4 | .0 | 7.2 | .0 | 8.4 | .3 | .3 | 6.5 |
| 10,000-14,999----- | 9.7 | .0 | 4.6 | .1 | 3.2 | .5 | .1 | 2.6 |
| 15,000 AND OVER---- | 9.5 | .0 | 6.1 | .0 | 2.9 | 1.4 | .0 | 3.2 |

| SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 | PERCENT OF HOUSEHOLD DIETS WITH SPECIFIED AMOUNTS OF NUTRIENT PER NUTRITION UNIT PER DAY | | | | | | | |
|---|---|---------|---------|------|-----------------------|---------|-----------------|------------------|
| | ANY NUTRIENT (OF 7) | PROTEIN | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO- FLAVIN | ASCORBIC ACID |
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) |

LESS THAN RECOMMENDED ALLOWANCE (1963)

| | | | | | | | | |
|------------------------|------|------|------|------|------|------|------|------|
| ALL HOUSEHOLDS, YEAR-- | 53.0 | 5.7 | 32.7 | 12.1 | 27.1 | 10.5 | 6.2 | 27.3 |
| SPRING----- | 53.7 | 5.0 | 33.8 | 11.5 | 28.2 | 9.5 | 6.9 | 29.6 |
| SUMMER----- | 50.7 | 7.2 | 32.0 | 15.6 | 23.8 | 13.4 | 7.2 | 24.6 |
| FALL----- | 54.1 | 4.8 | 31.9 | 10.9 | 27.7 | 9.9 | 4.4 | 28.5 |
| WINTER----- | 53.4 | 5.7 | 33.2 | 9.9 | 28.6 | 9.0 | 5.7 | 26.5 |
| UNDER 1,000----- | 71.7 | 19.2 | 56.6 | 26.2 | 61.6 | 30.2 | 23.2 | 43.5 |
| 1,000-1,999----- | 65.1 | 15.9 | 42.4 | 16.8 | 36.5 | 18.5 | 14.8 | 43.1 |
| 2,000-2,999----- | 65.7 | 14.7 | 44.3 | 17.9 | 33.7 | 18.3 | 11.0 | 43.3 |
| 3,000-3,999----- | 66.9 | 5.1 | 41.0 | 9.2 | 31.0 | 11.4 | 5.0 | 41.0 |
| 4,000-4,999----- | 53.0 | 3.2 | 31.7 | 6.9 | 21.5 | 7.7 | 3.2 | 26.6 |
| 5,000-5,999----- | 57.4 | 4.0 | 34.3 | 11.6 | 31.9 | 11.3 | 5.4 | 32.7 |
| 6,000-6,999----- | 52.0 | 3.3 | 26.9 | 11.4 | 24.7 | 7.7 | 4.3 | 25.2 |
| 7,000-7,999----- | 46.6 | 1.0 | 28.2 | 10.8 | 22.2 | 5.2 | 2.8 | 20.2 |
| 8,000-8,999----- | 48.8 | 4.8 | 30.9 | 11.7 | 22.8 | 9.6 | 4.2 | 25.5 |
| 9,000-9,999----- | 48.0 | .0 | 32.3 | 10.3 | 23.1 | 5.5 | 2.5 | 20.2 |
| 10,000-14,999----- | 35.2 | 2.5 | 22.9 | 8.8 | 17.1 | 5.8 | 2.0 | 11.0 |
| 15,000 AND OVER---- | 38.5 | 1.6 | 25.6 | 9.1 | 15.0 | 8.0 | 5.3 | 10.1 |

LESS THAN TWO-THIRDS RECOMMENDED ALLOWANCE (1963)

| | | | | | | | | |
|------------------------|------|-----|------|------|------|-----|-----|------|
| ALL HOUSEHOLDS, YEAR-- | 20.7 | .8 | 8.7 | 1.7 | 8.5 | 2.0 | .9 | 11.0 |
| SPRING----- | 24.2 | .8 | 9.4 | 1.3 | 9.6 | 1.4 | .9 | 15.3 |
| SUMMER----- | 20.1 | 1.3 | 11.7 | 3.2 | 7.4 | 3.7 | 1.9 | 9.3 |
| FALL----- | 19.7 | .5 | 5.8 | 1.1 | 7.7 | 1.6 | .3 | 12.0 |
| WINTER----- | 18.6 | .5 | 8.0 | 1.1 | 9.4 | 1.3 | .5 | 7.4 |
| UNDER 1,000----- | 43.4 | 2.0 | 27.2 | 11.1 | 27.3 | 5.0 | 4.0 | 34.4 |
| 1,000-1,999----- | 34.2 | 1.8 | 16.7 | 3.0 | 21.6 | 5.2 | 2.2 | 18.6 |
| 2,000-2,999----- | 34.0 | 5.1 | 13.8 | 1.6 | 12.2 | 4.2 | 1.3 | 19.5 |
| 3,000-3,999----- | 26.9 | .0 | 9.0 | 1.0 | 11.0 | .0 | .0 | 14.4 |
| 4,000-4,999----- | 17.9 | .3 | 5.2 | 1.3 | 6.3 | 1.3 | .3 | 12.3 |
| 5,000-5,999----- | 23.4 | .5 | 9.2 | 2.5 | 7.7 | 1.5 | 1.1 | 12.9 |
| 6,000-6,999----- | 14.5 | .0 | 4.6 | 1.4 | 4.3 | 1.3 | .0 | 9.3 |
| 7,000-7,999----- | 15.4 | .0 | 6.4 | .4 | 5.6 | 1.6 | .0 | 6.2 |
| 8,000-8,999----- | 21.0 | .0 | 9.3 | .9 | 9.0 | 1.8 | 1.2 | 9.0 |
| 9,000-9,999----- | 17.6 | .0 | 7.4 | .0 | 8.4 | .5 | .5 | 6.4 |
| 10,000-14,999----- | 9.3 | .0 | 3.9 | .0 | 3.9 | .8 | .2 | 2.6 |
| 15,000 AND OVER---- | 10.7 | .0 | 6.9 | .0 | 3.2 | 1.6 | .0 | 3.2 |

| SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 | PERCENT OF HOUSEHOLD DIETS WITH SPECIFIED AMOUNTS OF NUTRIENT PER NUTRITION UNIT PER DAY | | | | | | | |
|---|---|---------|---------|------|-----------------------|---------|-----------------|------------------|
| | ANY NUTRIENT (OF 7) | PROTEIN | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO- FLAVIN | ASCORBIC ACID |
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) |

LESS THAN RECOMMENDED ALLOWANCE (1963)

| | | | | | | | | |
|-----------------------|------|------|------|------|------|------|------|------|
| ALL HOUSEHOLDS, YEAR- | 50.9 | 4.5 | 28.8 | 9.1 | 26.8 | 8.6 | 3.9 | 28.0 |
| SPRING----- | 48.4 | 2.9 | 24.3 | 9.0 | 25.3 | 6.4 | 3.5 | 26.2 |
| SUMMER----- | 45.1 | 4.0 | 29.6 | 6.0 | 25.5 | 7.4 | 4.7 | 26.2 |
| FALL----- | 58.0 | 6.8 | 30.5 | 10.7 | 28.2 | 9.9 | 4.6 | 36.0 |
| WINTER----- | 52.9 | 4.3 | 31.2 | 11.4 | 28.3 | 10.7 | 3.5 | 24.6 |
| UNDER 1,000----- | 78.7 | 9.8 | 55.7 | 13.1 | 57.3 | 13.0 | 8.1 | 47.6 |
| 1,000-1,999----- | 66.1 | 8.8 | 40.3 | 15.3 | 36.3 | 6.4 | 3.2 | 43.5 |
| 2,000-2,999----- | 63.9 | 16.9 | 30.6 | 6.8 | 21.8 | 8.7 | 6.0 | 37.5 |
| 3,000-3,999----- | 55.8 | 5.4 | 37.3 | 10.9 | 27.2 | 14.0 | 2.3 | 32.5 |
| 4,000-4,999----- | 55.0 | 1.9 | 35.7 | 10.7 | 30.7 | 11.4 | 10.7 | 33.8 |
| 5,000-5,999----- | 49.5 | 2.1 | 24.4 | 8.6 | 22.2 | 5.2 | 1.3 | 22.3 |
| 6,000-6,999----- | 41.8 | .5 | 23.3 | 7.3 | 22.7 | 3.1 | 2.6 | 22.2 |
| 7,000-9,999----- | 36.0 | 4.2 | 19.6 | 9.9 | 20.8 | 8.1 | 4.5 | 20.2 |
| 10,000 AND OVER----- | 45.5 | .7 | 19.4 | 3.7 | 30.6 | 5.9 | 2.2 | 20.8 |

LESS THAN TWO-THIRDS RECOMMENDED ALLOWANCE (1963)

| | | | | | | | | |
|-----------------------|------|-----|------|-----|------|-----|-----|------|
| ALL HOUSEHOLDS, YEAR- | 17.9 | .8 | 6.2 | 1.5 | 7.9 | 1.3 | .4 | 10.7 |
| SPRING----- | 17.7 | .2 | 5.0 | 1.2 | 7.1 | .7 | .2 | 12.6 |
| SUMMER----- | 15.0 | .7 | 6.7 | 1.4 | 9.2 | 1.4 | .7 | 7.2 |
| FALL----- | 20.6 | 1.5 | 6.1 | 1.5 | 6.1 | .8 | .0 | 14.6 |
| WINTER----- | 18.8 | .7 | 7.2 | 2.1 | 8.7 | 2.1 | .7 | 9.4 |
| UNDER 1,000----- | 36.1 | 4.9 | 24.5 | 4.9 | 26.2 | 4.9 | 4.9 | 27.9 |
| 1,000-1,999----- | 32.3 | 3.2 | 5.6 | .8 | 16.1 | .8 | .8 | 19.3 |
| 2,000-2,999----- | 22.4 | 4.0 | 6.8 | 4.1 | 7.5 | 2.0 | 2.0 | 13.0 |
| 3,000-3,999----- | 23.3 | .0 | 4.7 | 3.1 | 10.1 | 2.3 | .0 | 12.4 |
| 4,000-4,999----- | 19.4 | .0 | 10.7 | .0 | 10.1 | .0 | .0 | 10.6 |
| 5,000-5,999----- | 12.5 | .0 | 4.2 | 1.0 | 4.8 | 1.0 | .0 | 5.9 |
| 6,000-6,999----- | 9.5 | .0 | 3.2 | .5 | .5 | .5 | .0 | 5.8 |
| 7,000-9,999----- | 15.1 | .0 | 5.4 | 1.2 | 9.0 | .9 | .0 | 9.9 |
| 10,000 AND OVER----- | 10.4 | .0 | 6.7 | .7 | .7 | .0 | .0 | 2.9 |

| SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 (1) | PERCENT OF HOUSEHOLD DIETS WITH SPECIFIED AMOUNTS OF NUTRIENT PER NUTRITION UNIT PER DAY | | | | | | | |
|--|---|---------|---------|------|-----------------------|---------|-----------------|------------------|
| | ANY NUTRIENT (OF 7) | PROTEIN | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO- FLAVIN | ASCORBIC ACID |
| | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) |

LESS THAN RECOMMENDED ALLOWANCE (1963)

| | | | | | | | | |
|-----------------------|------|-----|------|-----|------|-----|-----|------|
| ALL HOUSEHOLDS, YEAR- | 44.9 | 2.6 | 24.2 | 4.6 | 19.0 | 4.1 | 3.4 | 26.1 |
| SPRING----- | 47.9 | 2.1 | 24.7 | 3.3 | 23.6 | 2.5 | 2.4 | 30.1 |
| SUMMER----- | 36.9 | 2.1 | 23.2 | 5.4 | 14.9 | 5.3 | 3.3 | 17.7 |
| FALL----- | 49.0 | 2.8 | 24.4 | 5.9 | 16.4 | 5.1 | 3.9 | 32.4 |
| WINTER----- | 46.9 | 3.8 | 25.1 | 3.7 | 21.8 | 3.9 | 3.8 | 24.6 |
| UNDER 1,000----- | 54.4 | 4.4 | 25.2 | 3.1 | 34.3 | 5.7 | 4.4 | 31.8 |
| 1,000-1,999----- | 52.9 | 4.2 | 23.4 | 5.6 | 29.6 | 5.5 | 6.0 | 37.3 |
| 2,000-2,999----- | 46.3 | 4.3 | 23.9 | 3.8 | 20.8 | 2.4 | 2.0 | 33.8 |
| 3,000-3,999----- | 48.3 | 1.9 | 27.9 | 2.6 | 19.5 | 3.9 | .8 | 27.6 |
| 4,000-4,999----- | 43.5 | 2.8 | 27.4 | 5.1 | 18.9 | 6.5 | 4.0 | 22.0 |
| 5,000-5,999----- | 45.3 | .7 | 25.0 | 5.4 | 15.7 | 5.0 | 5.2 | 26.2 |
| 6,000-6,999----- | 43.3 | 1.6 | 23.5 | 5.4 | 17.6 | 3.3 | 3.7 | 27.6 |
| 7,000-9,999----- | 37.1 | 2.7 | 19.5 | 5.3 | 17.9 | 3.4 | 2.2 | 19.7 |
| 10,000 AND OVER----- | 38.4 | 1.1 | 23.1 | 3.3 | 11.0 | 4.1 | 4.6 | 13.4 |

LESS THAN TWO-THIRDS RECOMMENDED ALLOWANCE (1963)

| | | | | | | | | |
|-----------------------|------|----|-----|----|-----|-----|----|------|
| ALL HOUSEHOLDS, YEAR- | 14.9 | .0 | 5.5 | .1 | 4.9 | .4 | .1 | 9.7 |
| SPRING----- | 18.5 | .2 | 7.0 | .5 | 5.8 | .4 | .2 | 13.3 |
| SUMMER----- | 8.7 | .0 | 4.5 | .0 | 2.9 | .4 | .0 | 4.5 |
| FALL----- | 15.6 | .0 | 4.6 | .0 | 4.3 | .4 | .0 | 9.8 |
| WINTER----- | 18.0 | .0 | 6.1 | .0 | 7.1 | 1.0 | .5 | 11.8 |
| UNDER 1,000----- | 21.2 | .9 | 7.0 | .9 | 8.4 | .9 | .9 | 15.9 |
| 1,000-1,999----- | 20.7 | .0 | 7.5 | .0 | 8.5 | 1.1 | .0 | 15.5 |
| 2,000-2,999----- | 20.1 | .0 | 5.2 | .4 | 6.8 | .4 | .0 | 16.2 |
| 3,000-3,999----- | 17.6 | .0 | 3.3 | .0 | 7.2 | .0 | .0 | 11.7 |
| 4,000-4,999----- | 9.1 | .0 | 4.2 | .0 | 2.5 | 1.7 | .0 | 4.1 |
| 5,000-5,999----- | 16.5 | .0 | 6.6 | .0 | 4.5 | .8 | .0 | 9.5 |
| 6,000-6,999----- | 15.5 | .0 | 4.8 | .5 | 3.9 | .0 | .0 | 9.9 |
| 7,000-9,999----- | 13.2 | .0 | 6.7 | .0 | 4.1 | .0 | .0 | 7.0 |
| 10,000 AND OVER----- | 6.7 | .0 | 5.1 | .0 | 1.0 | .0 | .0 | 3.1 |

TABLE 12.--HOUSEHOLD DIETS BY NUMBER OF NUTRIENTS
BELOW RECOMMENDED ALLOWANCE (1963)

NORTH CENTRAL

BY ORGANIZATION

| SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 | PERCENT OF DIETS SHORT IN -- | | | | | | | |
|---|------------------------------|------|------|------|------|------|------|-----|
| | 1 OR MORE † | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) |
| ALL URBANIZATIONS | | | | | | | | |
| ALL HOUSEHOLDS, YEAR-- | 100.0 | 43.1 | 25.8 | 14.8 | 6.9 | 3.5 | 3.1 | 2.9 |
| SPRING----- | 100.0 | 43.0 | 25.9 | 15.2 | 6.6 | 3.5 | 3.1 | 2.7 |
| SUMMER----- | 100.0 | 42.4 | 24.7 | 13.8 | 5.8 | 4.9 | 3.0 | 5.4 |
| FALL----- | 100.0 | 41.2 | 28.4 | 16.9 | 6.1 | 3.6 | 2.5 | 1.4 |
| WINTER----- | 100.0 | 45.6 | 23.3 | 14.4 | 8.6 | 2.6 | 3.3 | 2.2 |
| UNDER 1,000----- | 100.0 | 25.9 | 18.0 | 22.3 | 11.4 | 6.5 | 9.7 | 6.2 |
| 1,000-1,999----- | 100.0 | 30.9 | 27.9 | 16.7 | 11.1 | 3.4 | 3.1 | 6.9 |
| 2,000-2,999----- | 100.0 | 38.3 | 23.3 | 16.7 | 9.2 | 3.1 | 4.6 | 4.8 |
| 3,000-3,999----- | 100.0 | 43.9 | 28.3 | 12.3 | 6.0 | 4.9 | 3.0 | 1.5 |
| 4,000-4,999----- | 100.0 | 39.9 | 34.7 | 12.8 | 5.1 | 5.1 | 1.8 | .6 |
| 5,000-5,999----- | 100.0 | 46.6 | 24.0 | 16.0 | 6.5 | 2.1 | 1.3 | 3.4 |
| 6,000-6,999----- | 100.0 | 47.6 | 29.3 | 12.6 | 4.2 | 2.2 | 2.4 | 1.7 |
| 7,000-7,999----- | 100.0 | 49.7 | 25.3 | 11.2 | 4.2 | 5.6 | 2.0 | 2.0 |
| 8,000-8,999----- | 100.0 | 46.9 | 19.8 | 16.2 | 7.0 | 3.2 | 6.5 | .5 |
| 9,000-9,999----- | 100.0 | 45.1 | 23.4 | 20.3 | 5.2 | 3.2 | 2.1 | .8 |
| 10,000-14,999----- | 100.0 | 51.1 | 23.0 | 16.4 | 4.5 | 1.2 | 3.4 | .4 |
| 15,000 AND OVER---- | 100.0 | 52.1 | 28.5 | 10.3 | 4.1 | 1.3 | .0 | 3.8 |
| URBAN | | | | | | | | |
| ALL HOUSEHOLDS, YEAR-- | 100.0 | 42.1 | 25.6 | 14.2 | 7.9 | 3.3 | 3.3 | 3.7 |
| SPRING----- | 100.0 | 41.1 | 25.3 | 15.7 | 6.8 | 3.9 | 3.9 | 3.3 |
| SUMMER----- | 100.0 | 43.2 | 23.4 | 10.9 | 7.3 | 5.2 | 3.1 | 6.8 |
| FALL----- | 100.0 | 39.9 | 28.6 | 17.2 | 7.4 | 3.0 | 2.5 | 1.5 |
| WINTER----- | 100.0 | 44.1 | 24.6 | 13.8 | 9.2 | 2.1 | 3.1 | 3.1 |
| UNDER 1,000----- | 100.0 | 16.9 | 15.5 | 19.7 | 12.7 | 11.3 | 18.3 | 5.6 |
| 1,000-1,999----- | 100.0 | 28.6 | 24.6 | 15.4 | 13.7 | 4.6 | 4.6 | 8.6 |
| 2,000-2,999----- | 100.0 | 33.7 | 19.5 | 18.0 | 12.2 | 4.4 | 4.4 | 7.8 |
| 3,000-3,999----- | 100.0 | 42.3 | 29.9 | 12.4 | 8.2 | 2.1 | 3.1 | 2.1 |
| 4,000-4,999----- | 100.0 | 45.0 | 36.9 | 7.5 | 6.3 | 2.5 | 1.3 | .6 |
| 5,000-5,999----- | 100.0 | 41.8 | 24.7 | 17.2 | 8.0 | 1.6 | 1.6 | 5.1 |
| 6,000-6,999----- | 100.0 | 47.3 | 31.0 | 10.5 | 4.8 | 1.6 | 2.6 | 2.2 |
| 7,000-7,999----- | 100.0 | 49.8 | 27.9 | 10.7 | 5.2 | 4.3 | .9 | 1.3 |
| 8,000-8,999----- | 100.0 | 47.2 | 17.8 | 17.2 | 6.7 | 4.3 | 6.1 | .6 |
| 9,000-9,999----- | 100.0 | 52.0 | 21.4 | 14.3 | 6.1 | 4.1 | 2.0 | .0 |
| 10,000-14,999----- | 100.0 | 49.7 | 21.0 | 19.3 | 5.0 | 1.7 | 2.8 | .6 |
| 15,000 AND OVER---- | 100.0 | 50.0 | 29.2 | 11.1 | 4.2 | 1.4 | .0 | 4.2 |

† SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 12.--HOUSEHOLD DIETS BY NUMBER OF NUTRIENTS
BELOW RECOMMENDED ALLOWANCE (1963)--CONTINUED

NORTH CENTRAL

BY ORGANIZATION

| SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 | PERCENT OF DIETS SHORT IN -- | | | | | | | |
|---|------------------------------|-----|-----|-----|-----|-----|-----|-----|
| | 1 OR MORE * | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) |

RURAL NONFARM

| | | | | | | | | |
|-----------------------|-------|------|------|------|------|------|-----|-----|
| ALL HOUSEHOLDS, YEAR- | 100.0 | 42.4 | 26.8 | 16.9 | 5.4 | 4.3 | 2.7 | 1.4 |
| SPRING----- | 100.0 | 46.2 | 27.4 | 13.7 | 7.1 | 3.0 | 1.0 | 1.5 |
| SUMMER----- | 100.0 | 37.7 | 29.0 | 20.3 | 2.9 | 4.3 | 2.9 | 2.9 |
| FALL----- | 100.0 | 39.5 | 30.3 | 17.1 | 3.9 | 5.3 | 2.6 | 1.3 |
| WINTER----- | 100.0 | 46.6 | 19.2 | 17.8 | 8.2 | 4.1 | 4.1 | .0 |
| UNDER 1,000----- | 100.0 | 33.3 | 18.8 | 27.1 | 12.5 | .0 | .0 | 8.3 |
| 1,000-1,999----- | 100.0 | 30.5 | 36.6 | 18.3 | 8.5 | 1.2 | .0 | 4.9 |
| 2,000-2,999----- | 100.0 | 45.7 | 29.8 | 14.9 | 3.2 | .0 | 6.4 | .0 |
| 3,000-3,999----- | 100.0 | 44.4 | 22.2 | 12.5 | 2.8 | 13.9 | 4.2 | .0 |
| 4,000-4,999----- | 100.0 | 27.3 | 35.2 | 20.5 | 3.4 | 10.2 | 3.4 | .0 |
| 5,000-5,999----- | 100.0 | 56.3 | 23.2 | 13.4 | 3.5 | 3.5 | .0 | .0 |
| 6,000-6,999----- | 100.0 | 46.8 | 24.1 | 21.5 | 2.5 | 3.8 | 1.3 | .0 |
| 7,000-9,999----- | 100.0 | 39.5 | 23.5 | 18.5 | 3.4 | 5.9 | 5.9 | 3.4 |
| 10,000 AND OVER---- | 100.0 | 52.5 | 29.5 | 9.8 | 3.3 | .0 | 4.9 | .0 |

RURAL FARM

| | | | | | | | | |
|-----------------------|-------|------|------|------|-----|-----|-----|-----|
| ALL HOUSEHOLDS, YEAR- | 100.0 | 53.6 | 24.0 | 13.5 | 3.1 | 2.7 | 2.2 | 1.0 |
| SPRING----- | 100.0 | 50.7 | 27.2 | 15.1 | 3.9 | 1.0 | 1.6 | .8 |
| SUMMER----- | 100.0 | 50.6 | 22.5 | 19.1 | 1.1 | 3.4 | 2.2 | 1.1 |
| FALL----- | 100.0 | 56.3 | 21.4 | 13.5 | 2.4 | 3.2 | 2.4 | .8 |
| WINTER----- | 100.0 | 56.6 | 25.3 | 7.1 | 4.0 | 3.0 | 3.0 | 1.0 |
| UNDER 1,000----- | 100.0 | 44.8 | 27.8 | 19.3 | 1.7 | 4.8 | .0 | 1.7 |
| 1,000-1,999----- | 100.0 | 45.9 | 23.7 | 19.5 | 2.9 | 2.9 | 2.9 | 2.1 |
| 2,000-2,999----- | 100.0 | 46.3 | 27.9 | 13.6 | 7.7 | 3.6 | .8 | .0 |
| 3,000-3,999----- | 100.0 | 52.5 | 32.1 | 11.6 | .0 | 2.3 | .0 | 1.6 |
| 4,000-4,999----- | 100.0 | 50.1 | 21.4 | 18.2 | 4.0 | 4.4 | .0 | 2.0 |
| 5,000-5,999----- | 100.0 | 56.5 | 20.3 | 15.0 | 2.7 | 2.1 | 3.3 | .0 |
| 6,000-6,999----- | 100.0 | 53.9 | 24.1 | 10.7 | 2.2 | 5.3 | 3.8 | .0 |
| 7,000-9,999----- | 100.0 | 55.4 | 17.8 | 17.7 | 4.0 | .0 | 5.2 | .0 |
| 10,000 AND OVER---- | 100.0 | 66.9 | 21.6 | 4.8 | 3.7 | .0 | 3.0 | .0 |

* SEE NOTES FOLLOWING WEST, TABLE 18.

| SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 | TOTAL (MILK EQUIV- ALENT) ‡ | MILK (FRESH, PROCESSED) | | | CREAM, ICE CREAM | CHEESE | SOUP, MIX- TURES |
|---|---|---------------------------------|-----------------------------|-----|------------------------|--------|------------------------|
| | | TOTAL (EQUIV- ALENT) ‡ | COMMER- CIALLY CANNED | DRY | | | |
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) |

QUANTITY PER PERSON PER WEEK (QUARTS IN COLS. 2-3, POUNDS IN COLS. 4-8)

| | | | | | | | |
|------------------------|-------|-------|------|------|------|------|------|
| ALL HOUSEHOLDS, YEAR-- | 4.334 | 3.358 | .110 | .023 | .626 | .398 | .100 |
| SPRING----- | 4.204 | 3.195 | .100 | .019 | .645 | .409 | .099 |
| SUMMER----- | 4.295 | 3.250 | .129 | .041 | .732 | .413 | .107 |
| FALL----- | 4.397 | 3.514 | .105 | .012 | .583 | .364 | .081 |
| WINTER----- | 4.457 | 3.500 | .106 | .018 | .532 | .402 | .111 |
| UNDER 1,000----- | 3.564 | 2.925 | .208 | .055 | .489 | .263 | .082 |
| 1,000-1,999----- | 3.936 | 3.024 | .206 | .028 | .565 | .345 | .170 |
| 2,000-2,999----- | 4.201 | 3.287 | .211 | .098 | .526 | .382 | .063 |
| 3,000-3,999----- | 4.000 | 3.211 | .165 | .034 | .509 | .338 | .145 |
| 4,000-4,999----- | 4.071 | 3.112 | .155 | .018 | .607 | .373 | .100 |
| 5,000-5,999----- | 4.140 | 3.248 | .141 | .022 | .557 | .366 | .101 |
| 6,000-6,999----- | 4.422 | 3.437 | .084 | .011 | .613 | .420 | .071 |
| 7,000-7,999----- | 4.517 | 3.600 | .057 | .013 | .623 | .379 | .080 |
| 8,000-8,999----- | 4.564 | 3.413 | .058 | .015 | .712 | .488 | .097 |
| 9,000-9,999----- | 4.640 | 3.613 | .086 | .016 | .576 | .401 | .122 |
| 10,000-14,999----- | 4.665 | 3.482 | .072 | .011 | .794 | .460 | .127 |
| 15,000 AND OVER---- | 4.606 | 3.545 | .070 | .012 | .826 | .401 | .127 |

MONEY VALUE PER PERSON PER WEEK (DOLLARS)

| | | | | | | | |
|------------------------|-------|------|------|------|------|------|------|
| ALL HOUSEHOLDS, YEAR-- | 1.129 | .695 | .018 | .014 | .203 | .199 | .032 |
| SPRING----- | 1.091 | .651 | .016 | .007 | .209 | .200 | .031 |
| SUMMER----- | 1.136 | .661 | .021 | .014 | .238 | .203 | .035 |
| FALL----- | 1.128 | .730 | .017 | .005 | .189 | .184 | .026 |
| WINTER----- | 1.163 | .747 | .016 | .028 | .171 | .209 | .035 |
| UNDER 1,000----- | .903 | .601 | .034 | .020 | .145 | .128 | .030 |
| 1,000-1,999----- | 1.040 | .642 | .034 | .011 | .171 | .168 | .059 |
| 2,000-2,999----- | 1.006 | .624 | .035 | .031 | .172 | .191 | .020 |
| 3,000-3,999----- | 1.020 | .668 | .027 | .014 | .162 | .149 | .040 |
| 4,000-4,999----- | 1.092 | .696 | .024 | .070 | .184 | .180 | .032 |
| 5,000-5,999----- | 1.033 | .652 | .022 | .009 | .173 | .177 | .031 |
| 6,000-6,999----- | 1.145 | .716 | .013 | .004 | .202 | .203 | .024 |
| 7,000-7,999----- | 1.167 | .748 | .010 | .006 | .204 | .191 | .024 |
| 8,000-8,999----- | 1.211 | .695 | .009 | .005 | .237 | .247 | .032 |
| 9,000-9,999----- | 1.169 | .724 | .015 | .006 | .197 | .209 | .039 |
| 10,000-14,999----- | 1.287 | .744 | .012 | .005 | .259 | .241 | .043 |
| 15,000 AND OVER---- | 1.336 | .747 | .011 | .005 | .302 | .244 | .043 |

PERCENT OF HOUSEHOLDS USING IN A WEEK

| | | | | | | | |
|----------------|------|------|------|-----|------|------|------|
| ALL HOUSEHOLDS | | | | | | | |
| SPRING----- | 99.6 | 98.7 | 17.6 | 5.9 | 73.9 | 83.0 | 22.2 |
| SUMMER----- | 99.3 | 98.9 | 20.6 | 8.7 | 76.3 | 79.9 | 19.6 |
| FALL----- | 99.8 | 99.2 | 19.2 | 5.8 | 68.3 | 81.3 | 21.0 |
| WINTER----- | 99.8 | 98.8 | 18.7 | 7.0 | 66.2 | 82.1 | 26.1 |

* SEE NOTES FOLLOWING WEST, TABLE 18.

YEAR BY SEASON 1965-1966 AND BY INCOME

TABLE 13.--MILK, CREAM, CHEESE

NORTH CENTRAL

URBAN

| SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 | TOTAL (MILK EQUIV- ALENT) ‡ | MILK (FRESH, PROCESSED) | | | CREAM, ICE CREAM | CHEESE | SOUP, MIX- TURES |
|---|---|---------------------------------|-----------------------------|------|------------------------|--------|------------------------|
| | | TOTAL (EQUIV- ALENT) ‡ | COMMER- CIALLY CANNED | DRY | | | |
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) |
| QUANTITY PER PERSON PER WEEK (QUARTS IN COLS. 2-3, POUNDS IN COLS. 4-8) | | | | | | | |
| ALL HOUSEHOLDS, YEAR- | 4.200 | 3.223 | .100 | .022 | .604 | .405 | .109 |
| SPRING----- | 4.053 | 3.074 | .095 | .013 | .608 | .401 | .104 |
| SUMMER----- | 4.136 | 3.105 | .111 | .045 | .705 | .412 | .119 |
| FALL----- | 4.320 | 3.417 | .111 | .010 | .572 | .379 | .095 |
| WINTER----- | 4.311 | 3.324 | .081 | .018 | .522 | .429 | .116 |
| UNDER 1,000----- | 3.222 | 2.622 | .071 | .028 | .387 | .331 | .130 |
| 1,000-1,999----- | 3.533 | 2.509 | .208 | .025 | .568 | .374 | .293 |
| 2,000-2,999----- | 3.996 | 3.092 | .191 | .149 | .445 | .408 | .082 |
| 3,000-3,999----- | 3.742 | 3.034 | .161 | .039 | .339 | .384 | .147 |
| 4,000-4,999----- | 4.139 | 3.137 | .192 | .013 | .622 | .434 | .072 |
| 5,000-5,999----- | 3.905 | 3.050 | .136 | .022 | .506 | .363 | .117 |
| 6,000-6,999----- | 4.322 | 3.328 | .071 | .008 | .613 | .425 | .069 |
| 7,000-7,999----- | 4.341 | 3.460 | .056 | .005 | .624 | .356 | .071 |
| 8,000-8,999----- | 4.360 | 3.267 | .067 | .017 | .663 | .443 | .113 |
| 9,000-9,999----- | 4.296 | 3.394 | .079 | .009 | .478 | .350 | .128 |
| 10,000-14,999----- | 4.636 | 3.397 | .059 | .008 | .813 | .475 | .145 |
| 15,000 AND OVER---- | 4.343 | 3.292 | .057 | .012 | .807 | .401 | .128 |
| MONEY-VALUE PER PERSON PER WEEK (DOLLARS) | | | | | | | |
| ALL HOUSEHOLDS, YEAR- | 1.104 | .664 | .015 | .008 | .197 | .207 | .035 |
| SPRING----- | 1.062 | .629 | .015 | .005 | .201 | .200 | .033 |
| SUMMER----- | 1.103 | .630 | .017 | .015 | .228 | .204 | .041 |
| FALL----- | 1.123 | .710 | .016 | .004 | .187 | .196 | .030 |
| WINTER----- | 1.133 | .695 | .013 | .008 | .170 | .230 | .037 |
| UNDER 1,000----- | .859 | .555 | .011 | .011 | .114 | .146 | .043 |
| 1,000-1,999----- | .989 | .535 | .034 | .009 | .165 | .187 | .102 |
| 2,000-2,999----- | .903 | .533 | .030 | .046 | .142 | .202 | .026 |
| 3,000-3,999----- | .954 | .634 | .025 | .017 | .119 | .164 | .038 |
| 4,000-4,999----- | 1.049 | .630 | .027 | .007 | .188 | .207 | .024 |
| 5,000-5,999----- | .975 | .602 | .019 | .009 | .157 | .179 | .038 |
| 6,000-6,999----- | 1.132 | .698 | .010 | .003 | .201 | .210 | .023 |
| 7,000-7,999----- | 1.136 | .727 | .008 | .002 | .203 | .182 | .023 |
| 8,000-8,999----- | 1.167 | .676 | .010 | .006 | .220 | .234 | .038 |
| 9,000-9,999----- | 1.087 | .690 | .015 | .004 | .165 | .190 | .042 |
| 10,000-14,999----- | 1.305 | .736 | .009 | .004 | .268 | .254 | .048 |
| 15,000 AND OVER---- | 1.295 | .709 | .009 | .005 | .296 | .246 | .044 |
| PERCENT OF HOUSEHOLDS USING IN A WEEK | | | | | | | |
| ALL HOUSEHOLDS | | | | | | | |
| SPRING----- | 99.5 | 98.4 | 16.3 | 3.8 | 71.4 | 83.4 | 22.5 |
| SUMMER----- | 99.2 | 98.9 | 19.3 | 5.8 | 75.5 | 82.1 | 22.4 |
| FALL----- | 100.0 | 99.5 | 19.7 | 5.9 | 67.5 | 82.7 | 22.7 |
| WINTER----- | 99.7 | 98.9 | 17.8 | 6.6 | 66.8 | 84.7 | 28.5 |

‡ SEE NOTES FOLLOWING WEST, TABLE 18.

YEAR BY SEASON 1965-1966 AND BY INCOME

TABLE 13.--MILK, CREAM, CHEESE

NORTH CENTRAL

RURAL NONFARM

| SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 | TOTAL (MILK EQUIV- ALENT) ‡ | MILK (FRESH, PROCESSED) | | | CREAM, ICE CREAM | CHEESE | SOUP, MIX- TURES |
|---|---|---------------------------------|-----------------------------|-----|------------------------|--------|------------------------|
| | | TOTAL (EQUIV- ALENT) ‡ | COMMER- CIALLY CANNED | DRY | | | |
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) |

QUANTITY PER PERSON PER WEEK (QUARTS IN COLS. 2-3, POUNDS IN COLS. 4-8)

| | | | | | | | |
|-----------------------|-------|-------|------|------|------|------|------|
| ALL HOUSEHOLDS, YEAR- | 4.507 | 3.550 | .148 | .026 | .596 | .393 | .086 |
| SPRING----- | 4.457 | 3.395 | .115 | .031 | .654 | .440 | .096 |
| SUMMER----- | 4.449 | 3.395 | .202 | .042 | .691 | .436 | .088 |
| FALL----- | 4.514 | 3.702 | .095 | .012 | .556 | .343 | .049 |
| WINTER----- | 4.608 | 3.725 | .173 | .017 | .479 | .348 | .107 |
| UNDER 1,000----- | 2.776 | 2.235 | .430 | .111 | .310 | .173 | .023 |
| 1,000-1,999----- | 4.094 | 3.373 | .265 | .049 | .470 | .291 | .012 |
| 2,000-2,999----- | 4.053 | 3.147 | .350 | .050 | .597 | .352 | .049 |
| 3,000-3,999----- | 4.084 | 3.227 | .222 | .034 | .577 | .280 | .193 |
| 4,000-4,999----- | 3.764 | 2.906 | .115 | .026 | .489 | .279 | .165 |
| 5,000-5,999----- | 4.502 | 3.559 | .159 | .019 | .605 | .371 | .072 |
| 6,000-6,999----- | 4.676 | 3.741 | .129 | .013 | .567 | .407 | .077 |
| 7,000-9,999----- | 5.064 | 3.927 | .057 | .027 | .660 | .517 | .082 |
| 10,000 AND OVER---- | 5.113 | 4.143 | .160 | .015 | .623 | .444 | .062 |

MONEY VALUE PER PERSON PER WEEK (DOLLARS)

| | | | | | | | |
|-----------------------|-------|------|------|------|------|------|------|
| ALL HOUSEHOLDS, YEAR- | 1.145 | .737 | .026 | .030 | .189 | .192 | .027 |
| SPRING----- | 1.129 | .687 | .019 | .011 | .201 | .211 | .030 |
| SUMMER----- | 1.131 | .660 | .038 | .017 | .228 | .217 | .026 |
| FALL----- | 1.128 | .770 | .018 | .005 | .179 | .165 | .015 |
| WINTER----- | 1.189 | .834 | .027 | .082 | .148 | .172 | .035 |
| UNDER 1,000----- | .603 | .394 | .072 | .037 | .087 | .116 | .007 |
| 1,000-1,999----- | .987 | .693 | .046 | .021 | .150 | .141 | .003 |
| 2,000-2,999----- | 1.025 | .631 | .062 | .017 | .197 | .164 | .013 |
| 3,000-3,999----- | .993 | .641 | .038 | .013 | .158 | .136 | .057 |
| 4,000-4,999----- | 1.118 | .773 | .022 | .195 | .148 | .146 | .052 |
| 5,000-5,999----- | 1.118 | .730 | .027 | .008 | .190 | .177 | .021 |
| 6,000-6,999----- | 1.166 | .769 | .022 | .005 | .185 | .185 | .028 |
| 7,000-9,999----- | 1.272 | .778 | .011 | .012 | .221 | .249 | .024 |
| 10,000 AND OVER---- | 1.294 | .837 | .026 | .006 | .204 | .226 | .027 |

PERCENT OF HOUSEHOLDS USING IN A WEEK

| | | | | | | | |
|----------------|-------|------|------|------|------|------|------|
| ALL HOUSEHOLDS | | | | | | | |
| SPRING----- | 100.0 | 99.5 | 20.6 | 10.3 | 77.4 | 82.3 | 21.9 |
| SUMMER----- | 99.3 | 98.7 | 25.5 | 16.3 | 75.8 | 75.8 | 14.4 |
| FALL----- | 99.2 | 98.5 | 18.3 | 4.6 | 66.4 | 80.2 | 17.6 |
| WINTER----- | 100.0 | 98.6 | 22.5 | 8.0 | 62.3 | 77.5 | 22.5 |

* SEE NOTES FOLLOWING WEST, TABLE 18.

YEAR BY SEASON 1965-1966 AND BY INCOME

TABLE 13.--MILK, CREAM, CHEESE
ALL SOURCES

NORTH CENTRAL

RURAL PART

| SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 | TOTAL (MILK EQUIV- ALENT) † | MILK (FRESH, PROCESSED) | | | CREAM, ICE CREAM | CHEESE | SOUP, MIX- TURES |
|---|---|---------------------------------|-----------------------------|-----|------------------------|--------|------------------------|
| | | TOTAL (EQUIV- ALENT) † | COMMER- CIALLY CANNED | DRY | | | |
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) |

QUANTITY PER PERSON PER WEEK (QUARTS IN COLS. 2-3, POUNDS IN COLS. 4-8)

| | | | | | | | |
|-----------------------|-------|-------|------|------|-------|------|------|
| ALL HOUSEHOLDS, YEAR- | 4.797 | 3.775 | .087 | .024 | .847 | .358 | .072 |
| SPRING----- | 4.595 | 3.516 | .097 | .033 | .857 | .395 | .068 |
| SUMMER----- | 4.887 | 3.787 | .076 | .014 | .975 | .364 | .073 |
| FALL----- | 4.642 | 3.734 | .090 | .026 | .720 | .307 | .064 |
| WINTER----- | 5.130 | 4.173 | .089 | .023 | .789 | .360 | .087 |
| UNDER 1,000----- | 4.945 | 4.140 | .228 | .047 | .847 | .234 | .054 |
| 1,000-1,999----- | 4.955 | 4.113 | .115 | .008 | .693 | .333 | .017 |
| 2,000-2,999----- | 5.060 | 4.103 | .073 | .007 | .676 | .345 | .025 |
| 3,000-3,999----- | 4.672 | 3.745 | .074 | .017 | .933 | .294 | .050 |
| 4,000-4,999----- | 4.525 | 3.494 | .111 | .019 | .821 | .367 | .055 |
| 5,000-5,999----- | 4.549 | 3.575 | .115 | .033 | .753 | .365 | .092 |
| 6,000-6,999----- | 4.619 | 3.556 | .058 | .041 | .775 | .411 | .073 |
| 7,000-9,999----- | 5.256 | 3.998 | .076 | .024 | .983 | .471 | .123 |
| 10,000 AND OVER---- | 4.773 | 3.687 | .043 | .030 | 1.042 | .339 | .103 |

MONEY VALUE PER PERSON PER WEEK (DOLLARS)

| | | | | | | | |
|-----------------------|-------|------|------|------|------|------|------|
| ALL HOUSEHOLDS, YEAR- | 1.252 | .796 | .014 | .009 | .271 | .164 | .022 |
| SPRING----- | 1.185 | .710 | .015 | .013 | .276 | .178 | .021 |
| SUMMER----- | 1.343 | .843 | .012 | .006 | .314 | .166 | .019 |
| FALL----- | 1.162 | .775 | .015 | .011 | .221 | .143 | .023 |
| WINTER----- | 1.318 | .870 | .015 | .009 | .258 | .166 | .025 |
| UNDER 1,000----- | 1.279 | .886 | .035 | .019 | .256 | .107 | .030 |
| 1,000-1,999----- | 1.271 | .901 | .018 | .004 | .219 | .145 | .007 |
| 2,000-2,999----- | 1.304 | .900 | .011 | .003 | .229 | .166 | .008 |
| 3,000-3,999----- | 1.276 | .828 | .012 | .007 | .309 | .124 | .016 |
| 4,000-4,999----- | 1.183 | .754 | .017 | .008 | .251 | .162 | .017 |
| 5,000-5,999----- | 1.150 | .734 | .019 | .014 | .231 | .164 | .021 |
| 6,000-6,999----- | 1.214 | .725 | .008 | .017 | .273 | .190 | .026 |
| 7,000-9,999----- | 1.381 | .808 | .014 | .009 | .325 | .214 | .034 |
| 10,000 AND OVER---- | 1.272 | .746 | .008 | .012 | .333 | .162 | .032 |

PERCENT OF HOUSEHOLDS USING IN A WEEK

| | | | | | | | |
|----------------|-------|------|------|------|------|------|------|
| ALL HOUSEHOLDS | | | | | | | |
| SPRING----- | 99.8 | 99.2 | 18.9 | 10.6 | 84.0 | 81.4 | 20.3 |
| SUMMER----- | 100.0 | 99.6 | 16.2 | 7.9 | 83.4 | 76.3 | 15.4 |
| FALL----- | 100.0 | 99.6 | 17.5 | 8.9 | 79.0 | 74.7 | 17.1 |
| WINTER----- | 100.0 | 99.1 | 13.7 | 7.1 | 73.0 | 74.9 | 17.5 |

* SEE NOTES FOLLOWING WEST, TABLE 18.

YEAR BY SEASON 1965-1966 AND BY INCOME

TABLE 13.--MILK, CREAM, CHEESE
HOME-PRODUCED

NORTH CENTRAL

RURAL FARM

| SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 | TOTAL (MILK EQUIV- ALENT) ‡ | MILK (FRESH, PROCESSED) | | | CREAM, ICE CREAM | CHEESE | SOUP, MIX- TURES |
|---|---|---------------------------------|-----------------------------|-----|------------------------|--------|------------------------|
| | | TOTAL (EQUIV- ALENT) ‡ | COMMER- CIALLY CANNED | DRY | | | |
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) |

QUANTITY PER PERSON PER WEEK (QUARTS IN COLS. 2-3, POUNDS IN COLS. 4-8)

| | | | | | | | |
|-----------------------|-------|-------|------|------|------|------|------|
| ALL HOUSEHOLDS, YEAR- | 1.981 | 1.944 | .000 | .000 | .099 | .008 | .000 |
| SPRING----- | 1.785 | 1.737 | .000 | .000 | .119 | .019 | .000 |
| SUMMER----- | 1.913 | 1.873 | .000 | .000 | .109 | .006 | .000 |
| FALL----- | 1.992 | 1.974 | .000 | .000 | .054 | .000 | .000 |
| WINTER----- | 2.348 | 2.308 | .000 | .000 | .111 | .005 | .000 |
| UNDER 1,000----- | 2.561 | 2.513 | .000 | .000 | .150 | .000 | .000 |
| 1,000-1,999----- | 3.146 | 3.095 | .000 | .000 | .127 | .019 | .000 |
| 2,000-2,999----- | 2.864 | 2.826 | .000 | .000 | .107 | .007 | .000 |
| 3,000-3,999----- | 2.503 | 2.426 | .000 | .000 | .206 | .012 | .000 |
| 4,000-4,999----- | 1.712 | 1.693 | .000 | .000 | .046 | .008 | .000 |
| 5,000-5,999----- | 1.579 | 1.546 | .000 | .000 | .076 | .017 | .000 |
| 6,000-6,999----- | 1.470 | 1.441 | .000 | .000 | .084 | .001 | .000 |
| 7,000-9,999----- | 1.531 | 1.504 | .000 | .000 | .068 | .005 | .000 |
| 10,000 AND OVER---- | 1.459 | 1.412 | .000 | .000 | .135 | .000 | .000 |

MONEY VALUE PER PERSON PER WEEK (DOLLARS)

| | | | | | | | |
|-----------------------|------|------|------|------|------|------|------|
| ALL HOUSEHOLDS, YEAR- | .493 | .439 | .000 | .000 | .052 | .003 | .000 |
| SPRING----- | .439 | .373 | .000 | .000 | .059 | .007 | .000 |
| SUMMER----- | .537 | .477 | .000 | .000 | .058 | .002 | .000 |
| FALL----- | .452 | .424 | .000 | .000 | .028 | .000 | .000 |
| WINTER----- | .553 | .491 | .000 | .000 | .061 | .002 | .000 |
| UNDER 1,000----- | .647 | .571 | .000 | .000 | .076 | .000 | .000 |
| 1,000-1,999----- | .770 | .694 | .000 | .000 | .067 | .009 | .000 |
| 2,000-2,999----- | .692 | .631 | .000 | .000 | .059 | .002 | .000 |
| 3,000-3,999----- | .680 | .566 | .000 | .000 | .109 | .004 | .000 |
| 4,000-4,999----- | .409 | .384 | .000 | .000 | .023 | .002 | .000 |
| 5,000-5,999----- | .391 | .346 | .000 | .000 | .039 | .005 | .000 |
| 6,000-6,999----- | .359 | .315 | .000 | .000 | .044 | * | .000 |
| 7,000-9,999----- | .373 | .335 | .000 | .000 | .037 | .002 | .000 |
| 10,000 AND OVER---- | .390 | .320 | .000 | .000 | .070 | .000 | .000 |

PERCENT OF HOUSEHOLDS USING IN A WEEK

| | | | | | | | |
|----------------|------|------|----|----|------|-----|----|
| ALL HOUSEHOLDS | | | | | | | |
| SPRING----- | 44.0 | 43.3 | .0 | .0 | 14.6 | 3.0 | .0 |
| SUMMER----- | 43.6 | 42.7 | .0 | .0 | 14.5 | 1.2 | .0 |
| FALL----- | 42.0 | 41.2 | .0 | .0 | 10.1 | .0 | .0 |
| WINTER----- | 43.6 | 42.7 | .0 | .0 | 12.3 | .9 | .0 |

‡ SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 14.--MEAT, POULTRY, FISH,
OTHER PROTEIN FOOD

NORTH CENTRAL

ALL URBANIZATI

| SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 | MEAT, POULTRY, FISH | | | | | | | | | OTHER PROTEIN FOOD | | | | |
|--|---------------------|-------|------------------------|---------------|-------|-------------------------------------|--------------------|---------|------------------------|--------------------|---|-----------------------------------|--|------------------|
| | TOTAL | BEEF | BACON, SALT PORK | OTHER PORK | LIVER | LUNCH MEAT, FRANK- FURTERS | OTHER MEAT † | POULTRY | FISH SHELL- FISH | TOTAL ‡ | EGGS (FRESH EQUIV- ALENT) ‡ | DRY LEGUMES (DRY WEIGHT) | NUTS (SHELLED WEIGHT), PEANUT BUTTER | SOU MI TUR |
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) | (13) | (14) | (15) |
| QUANTITY PER PERSON PER WEEK (POUNDS IN COLS. 2-10 AND 13-15, DOZENS IN COL. 12) | | | | | | | | | | | | | | |
| ALL HOUSEHOLDS, YEAR- | 4.442 | 1.764 | .234 | .801 | .041 | .458 | .110 | .797 | .237 | ** | .520 | .127 | .129 | .10 |
| SPRING----- | 4.678 | 1.808 | .258 | .914 | .045 | .496 | .094 | .782 | .281 | ** | .550 | .140 | .130 | .11 |
| SUMMER----- | 4.461 | 1.722 | .276 | .774 | .035 | .494 | .112 | .802 | .247 | ** | .526 | .133 | .126 | .09 |
| FALL----- | 4.450 | 1.746 | .210 | .787 | .038 | .430 | .115 | .914 | .210 | ** | .509 | .121 | .134 | .11 |
| WINTER----- | 4.154 | 1.780 | .184 | .723 | .046 | .405 | .121 | .690 | .206 | ** | .488 | .112 | .127 | .09 |
| UNDER 1,000----- | 3.727 | 1.242 | .257 | .588 | .054 | .343 | .055 | .929 | .261 | ** | .620 | .195 | .088 | .04 |
| 1,000-1,999----- | 4.141 | 1.442 | .303 | .722 | .044 | .342 | .120 | .918 | .250 | ** | .611 | .188 | .077 | .06 |
| 2,000-2,999----- | 4.124 | 1.496 | .237 | .726 | .056 | .404 | .088 | .875 | .242 | ** | .591 | .172 | .113 | .07 |
| 3,000-3,999----- | 4.014 | 1.632 | .220 | .608 | .054 | .399 | .058 | .839 | .202 | ** | .550 | .169 | .096 | .08 |
| 4,000-4,999----- | 4.344 | 1.707 | .250 | .703 | .044 | .532 | .067 | .789 | .251 | ** | .560 | .191 | .124 | .13 |
| 5,000-5,999----- | 4.313 | 1.679 | .231 | .779 | .047 | .517 | .112 | .733 | .215 | ** | .527 | .136 | .140 | .12 |
| 6,000-6,999----- | 4.628 | 1.900 | .230 | .843 | .037 | .524 | .101 | .759 | .235 | ** | .521 | .117 | .131 | .10 |
| 7,000-7,999----- | 4.594 | 1.853 | .190 | .926 | .037 | .478 | .142 | .732 | .236 | ** | .491 | .092 | .126 | .12 |
| 8,000-8,999----- | 4.757 | 1.920 | .268 | .927 | .040 | .435 | .103 | .837 | .228 | ** | .492 | .123 | .157 | .10 |
| 9,000-9,999----- | 4.263 | 1.744 | .260 | .810 | .031 | .441 | .061 | .725 | .192 | ** | .486 | .096 | .133 | .10 |
| 10,000-14,999----- | 4.612 | 1.852 | .209 | .792 | .036 | .420 | .156 | .861 | .286 | ** | .446 | .079 | .155 | .10 |
| 15,000 AND OVER---- | 4.858 | 2.016 | .271 | .815 | .038 | .351 | .236 | .868 | .260 | ** | .502 | .090 | .126 | .05 |
| MONEY VALUE PER PERSON PER WEEK (DOLLARS) | | | | | | | | | | | | | | |
| ALL HOUSEHOLDS, YEAR- | 2.928 | 1.289 | .170 | .582 | .023 | .310 | .088 | .308 | .158 | .442 | .241 | .043 | .082 | .04 |
| SPRING----- | 2.874 | 1.250 | .159 | .597 | .023 | .312 | .069 | .295 | .169 | .429 | .232 | .047 | .077 | .04 |
| SUMMER----- | 2.964 | 1.294 | .198 | .566 | .020 | .330 | .089 | .300 | .167 | .433 | .230 | .045 | .081 | .04 |
| FALL----- | 2.964 | 1.290 | .164 | .592 | .023 | .306 | .092 | .353 | .145 | .470 | .253 | .041 | .091 | .05 |
| WINTER----- | 2.911 | 1.327 | .156 | .573 | .028 | .291 | .102 | .289 | .146 | .436 | .251 | .039 | .081 | .04 |
| UNDER 1,000----- | 2.005 | .763 | .166 | .343 | .023 | .203 | .037 | .320 | .150 | .392 | .256 | .058 | .052 | .01 |
| 1,000-1,999----- | 2.412 | .961 | .188 | .474 | .026 | .215 | .079 | .340 | .128 | .421 | .251 | .054 | .056 | .02 |
| 2,000-2,999----- | 2.439 | .992 | .164 | .479 | .024 | .250 | .061 | .321 | .142 | .415 | .253 | .044 | .070 | .03 |
| 3,000-3,999----- | 2.374 | 1.071 | .152 | .408 | .026 | .248 | .039 | .304 | .125 | .407 | .236 | .054 | .059 | .03 |
| 4,000-4,999----- | 2.678 | 1.165 | .181 | .468 | .025 | .340 | .047 | .300 | .153 | .454 | .243 | .057 | .080 | .05 |
| 5,000-5,999----- | 2.708 | 1.150 | .162 | .540 | .024 | .341 | .081 | .276 | .134 | .446 | .236 | .046 | .083 | .05 |
| 6,000-6,999----- | 3.072 | 1.374 | .172 | .630 | .021 | .352 | .074 | .291 | .159 | .434 | .244 | .039 | .081 | .04 |
| 7,000-7,999----- | 3.128 | 1.388 | .147 | .666 | .022 | .341 | .116 | .286 | .163 | .436 | .243 | .036 | .077 | .06 |
| 8,000-8,999----- | 3.230 | 1.456 | .179 | .706 | .022 | .295 | .091 | .333 | .147 | .469 | .234 | .044 | .108 | .04 |
| 9,000-9,999----- | 2.942 | 1.317 | .207 | .606 | .021 | .313 | .050 | .289 | .139 | .480 | .245 | .037 | .085 | .05 |
| 10,000-14,999----- | 3.315 | 1.485 | .165 | .620 | .025 | .320 | .136 | .354 | .209 | .447 | .226 | .033 | .101 | .05 |
| 15,000 AND OVER---- | 3.813 | 1.794 | .214 | .682 | .029 | .258 | .229 | .385 | .222 | .455 | .262 | .042 | .092 | .02 |
| PERCENT OF HOUSEHOLDS USING IN A WEEK | | | | | | | | | | | | | | |
| ALL HOUSEHOLDS | | | | | | | | | | | | | | |
| SPRING----- | 99.6 | 94.4 | 63.7 | 75.6 | 11.2 | 76.3 | 13.6 | 60.9 | 53.9 | 98.8 | 97.0 | 46.8 | 54.2 | 26.4 |
| SUMMER----- | 99.8 | 93.6 | 66.7 | 67.9 | 9.4 | 76.2 | 14.0 | 66.7 | 50.3 | 99.1 | 97.5 | 48.5 | 56.4 | 23.1 |
| FALL----- | 99.8 | 95.0 | 59.4 | 70.9 | 9.3 | 74.1 | 14.0 | 63.5 | 41.5 | 99.1 | 96.5 | 41.8 | 57.9 | 25.1 |
| WINTER----- | 99.8 | 95.3 | 55.9 | 69.0 | 11.6 | 73.7 | 17.3 | 59.9 | 47.1 | 99.6 | 98.4 | 41.2 | 56.2 | 26.1 |

* SEE NOTES FOLLOWING WEST, TABLE 18.

YEAR BY SEASON 1965-1966 AND BY INCOME

TABLE 14.--MEAT, POULTRY, FISH,
OTHER PROTEIN FOOD

NORTH CENTRAL

URBAN

| SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 | MEAT, POULTRY, FISH | | | | | | | | | OTHER PROTEIN FOOD | | | | |
|---|---------------------|------|------------------------|---------------|-------|-------------------------------------|--------------------|---------|------------------------|--------------------|---|-----------------------------------|--|------------------------|
| | TOTAL | BEEF | BACON, SALT PORK | OTHER PORK | LIVER | LUNCH MEAT, FRANK- FURTERS | OTHER MEAT ‡ | POULTRY | FISH SHELL- FISH | TOTAL ‡ | EGGS (FRESH EQUIV- ALENT) ‡ | DRY LEGUMES (DRY WEIGHT) | NUTS (SHELLED WEIGHT), PEANUT BUTTER | SOUP, MIX- TURES |
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) | (13) | (14) | (15) |

QUANTITY PER PERSON PER WEEK (POUNDS IN COLS. 2-10 AND 13-15, DOZENS IN COL. 12)

| | | | | | | | | | | | | | | |
|-----------------------|-------|-------|------|------|------|------|------|-------|------|----|------|------|------|------|
| ALL HOUSEHOLDS, YEAR- | 4.439 | 1.738 | .230 | .813 | .038 | .457 | .121 | .803 | .238 | ** | .491 | .119 | .123 | .103 |
| SPRING----- | 4.711 | 1.771 | .248 | .934 | .044 | .501 | .116 | .830 | .268 | ** | .518 | .129 | .120 | .109 |
| SUMMER----- | 4.290 | 1.647 | .265 | .746 | .031 | .472 | .110 | .783 | .237 | ** | .473 | .120 | .109 | .086 |
| FALL----- | 4.531 | 1.741 | .212 | .839 | .039 | .436 | .131 | .905 | .228 | ** | .491 | .115 | .145 | .115 |
| WINTER----- | 4.209 | 1.801 | .191 | .726 | .039 | .412 | .128 | .693 | .218 | ** | .478 | .111 | .119 | .103 |
| UNDER 1,000----- | 3.649 | 1.215 | .259 | .494 | .080 | .305 | .005 | 1.100 | .191 | ** | .513 | .193 | .047 | .059 |
| 1,000-1,999----- | 4.015 | 1.395 | .274 | .710 | .034 | .393 | .106 | .877 | .226 | ** | .541 | .158 | .083 | .078 |
| 2,000-2,999----- | 4.075 | 1.392 | .260 | .759 | .049 | .417 | .126 | .809 | .263 | ** | .517 | .168 | .118 | .101 |
| 3,000-3,999----- | 3.906 | 1.649 | .225 | .555 | .051 | .384 | .085 | .803 | .153 | ** | .502 | .146 | .073 | .109 |
| 4,000-4,999----- | 4.358 | 1.665 | .274 | .713 | .052 | .499 | .067 | .805 | .285 | ** | .579 | .206 | .122 | .117 |
| 5,000-5,999----- | 4.371 | 1.700 | .230 | .821 | .035 | .519 | .113 | .730 | .224 | ** | .510 | .136 | .130 | .127 |
| 6,000-6,999----- | 4.553 | 1.838 | .216 | .833 | .033 | .511 | .099 | .775 | .246 | ** | .498 | .109 | .120 | .106 |
| 7,000-7,999----- | 4.582 | 1.813 | .181 | .921 | .038 | .494 | .170 | .730 | .235 | ** | .495 | .089 | .121 | .105 |
| 8,000-8,999----- | 4.691 | 1.906 | .263 | .904 | .037 | .410 | .100 | .860 | .212 | ** | .470 | .115 | .137 | .069 |
| 9,000-9,999----- | 4.023 | 1.550 | .253 | .757 | .033 | .446 | .071 | .756 | .158 | ** | .445 | .083 | .111 | .106 |
| 10,000-14,999----- | 4.598 | 1.798 | .203 | .789 | .039 | .436 | .144 | .896 | .293 | ** | .431 | .075 | .159 | .104 |
| 15,000 AND OVER--- | 4.950 | 2.016 | .266 | .846 | .041 | .343 | .276 | .905 | .256 | ** | .458 | .087 | .113 | .057 |

MONEY VALUE PER PERSON PER WEEK (DOLLARS)

| | | | | | | | | | | | | | | |
|-----------------------|-------|-------|------|------|------|------|------|------|------|------|------|------|------|------|
| ALL HOUSEHOLDS, YEAR- | 2.986 | 1.297 | .169 | .604 | .024 | .318 | .098 | .315 | .163 | .444 | .243 | .040 | .078 | .048 |
| SPRING----- | 2.952 | 1.262 | .155 | .623 | .024 | .321 | .086 | .314 | .166 | .424 | .232 | .041 | .071 | .049 |
| SUMMER----- | 2.915 | 1.263 | .187 | .563 | .020 | .325 | .095 | .296 | .167 | .421 | .223 | .042 | .068 | .042 |
| FALL----- | 3.080 | 1.305 | .169 | .641 | .024 | .319 | .107 | .357 | .158 | .488 | .261 | .040 | .097 | .056 |
| WINTER----- | 3.008 | 1.365 | .163 | .589 | .027 | .308 | .105 | .293 | .158 | .444 | .258 | .038 | .077 | .045 |
| UNDER 1,000----- | 1.935 | .772 | .165 | .264 | .033 | .176 | .005 | .387 | .132 | .364 | .241 | .061 | .032 | .028 |
| 1,000-1,999----- | 2.375 | .925 | .173 | .477 | .027 | .253 | .054 | .341 | .125 | .448 | .246 | .053 | .067 | .031 |
| 2,000-2,999----- | 2.403 | .895 | .178 | .507 | .024 | .259 | .088 | .296 | .155 | .423 | .237 | .045 | .070 | .053 |
| 3,000-3,999----- | 2.379 | 1.098 | .166 | .373 | .025 | .254 | .057 | .294 | .111 | .403 | .234 | .049 | .044 | .038 |
| 4,000-4,999----- | 2.699 | 1.152 | .195 | .468 | .030 | .323 | .043 | .315 | .174 | .475 | .270 | .057 | .078 | .051 |
| 5,000-5,999----- | 2.767 | 1.177 | .163 | .576 | .019 | .346 | .074 | .275 | .138 | .454 | .245 | .044 | .074 | .059 |
| 6,000-6,999----- | 3.050 | 1.331 | .161 | .642 | .020 | .353 | .073 | .300 | .170 | .420 | .244 | .036 | .073 | .047 |
| 7,000-7,999----- | 3.137 | 1.362 | .142 | .665 | .023 | .359 | .141 | .286 | .159 | .435 | .253 | .035 | .075 | .055 |
| 8,000-8,999----- | 3.214 | 1.467 | .167 | .703 | .021 | .283 | .090 | .345 | .138 | .448 | .234 | .035 | .093 | .030 |
| 9,000-9,999----- | 2.773 | 1.179 | .205 | .576 | .024 | .323 | .060 | .296 | .110 | .464 | .234 | .031 | .067 | .052 |
| 10,000-14,999----- | 3.364 | 1.478 | .160 | .627 | .029 | .340 | .137 | .368 | .223 | .461 | .226 | .031 | .105 | .051 |
| 15,000 AND OVER--- | 3.946 | 1.836 | .208 | .722 | .031 | .258 | .269 | .398 | .225 | .441 | .252 | .043 | .085 | .026 |

PERCENT OF HOUSEHOLDS USING IN A WEEK

| | | | | | | | | | | | | | | |
|----------------|-------|------|------|------|------|------|------|------|------|------|------|------|------|------|
| ALL HOUSEHOLDS | | | | | | | | | | | | | | |
| SPRING----- | 99.7 | 94.9 | 62.4 | 77.3 | 10.5 | 75.9 | 15.9 | 62.3 | 53.8 | 98.8 | 97.2 | 43.0 | 50.6 | 26.5 |
| SUMMER----- | 99.7 | 93.7 | 66.2 | 69.9 | 9.2 | 76.3 | 15.3 | 68.1 | 49.9 | 98.7 | 97.1 | 47.2 | 51.5 | 21.9 |
| FALL----- | 99.7 | 96.0 | 61.3 | 74.7 | 9.1 | 76.5 | 15.7 | 62.7 | 44.3 | 99.2 | 96.3 | 41.1 | 56.5 | 27.5 |
| WINTER----- | 100.0 | 96.2 | 57.3 | 71.2 | 10.7 | 73.2 | 19.7 | 62.2 | 47.9 | 99.7 | 98.4 | 39.5 | 54.8 | 27.9 |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 14.--MEAT, POULTRY, FISH,
OTHER PROTEIN FOOD

NORTH CENTRAL

RURAL NONFARM

| SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 | MEAT, POULTRY, FISH | | | | | | | | | OTHER PROTEIN FOOD | | | | |
|---|---------------------|------|------------------------|---------------|-------|-------------------------------------|--------------------|---------|------------------------|--------------------|---|-----------------------------------|--|------------------------|
| | TOTAL | BEEF | BACON, SALT PORK | OTHER PORK | LIVER | LUNCH MEAT, FRANK- FURTERS | OTHER MEAT ‡ | POULTRY | FISH SHELL- FISH | TOTAL ‡ | EGGS (FRESH EQUIV- ALENT) ‡ | DRY LEGUMES (DRY WEIGHT) | NUTS (SHELLED WEIGHT), PEANUT BUTTER | SOUP, MIX- TURES |
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) | (13) | (14) | (15) |

QUANTITY PER PERSON PER WEEK (POUNDS IN COLS. 2-10 AND 13-15, DOZENS IN COL. 12)

| | | | | | | | | | | | | | | |
|-----------------------|-------|-------|------|------|------|------|------|------|------|----|------|------|------|------|
| ALL HOUSEHOLDS, YEAR- | 4.318 | 1.710 | .227 | .761 | .046 | .488 | .088 | .767 | .229 | ** | .533 | .142 | .147 | .128 |
| SPRING----- | 4.496 | 1.757 | .270 | .844 | .050 | .505 | .051 | .701 | .319 | ** | .571 | .161 | .160 | .144 |
| SUMMER----- | 4.689 | 1.796 | .302 | .802 | .041 | .579 | .113 | .776 | .281 | ** | .598 | .171 | .168 | .131 |
| FALL----- | 4.064 | 1.608 | .176 | .683 | .035 | .444 | .070 | .900 | .150 | ** | .482 | .129 | .104 | .126 |
| WINTER----- | 3.991 | 1.667 | .156 | .707 | .059 | .418 | .116 | .708 | .160 | ** | .476 | .104 | .151 | .110 |
| UNDER 1,000----- | 3.342 | 1.193 | .269 | .577 | .029 | .443 | .012 | .492 | .326 | ** | .635 | .207 | .064 | .013 |
| 1,000-1,999----- | 3.856 | 1.312 | .319 | .469 | .077 | .278 | .142 | .946 | .312 | ** | .631 | .198 | .053 | .070 |
| 2,000-2,999----- | 3.861 | 1.341 | .168 | .603 | .077 | .407 | .025 | .996 | .244 | ** | .662 | .152 | .102 | .036 |
| 3,000-3,999----- | 3.970 | 1.387 | .184 | .682 | .063 | .463 | .029 | .925 | .236 | ** | .567 | .212 | .138 | .079 |
| 4,000-4,999----- | 4.324 | 1.743 | .210 | .674 | .037 | .628 | .067 | .755 | .211 | ** | .488 | .190 | .137 | .183 |
| 5,000-5,999----- | 4.077 | 1.495 | .214 | .713 | .075 | .533 | .112 | .743 | .193 | ** | .522 | .138 | .165 | .139 |
| 6,000-6,999----- | 4.768 | 2.024 | .251 | .860 | .042 | .605 | .097 | .689 | .200 | ** | .540 | .138 | .162 | .118 |
| 7,000-9,999----- | 4.603 | 1.922 | .235 | .936 | .033 | .458 | .069 | .698 | .251 | ** | .503 | .114 | .171 | .175 |
| 10,000 AND OVER--- | 4.564 | 1.952 | .254 | .774 | .017 | .378 | .198 | .750 | .242 | ** | .513 | .098 | .149 | .105 |

MONEY VALUE PER PERSON PER WEEK (DOLLARS)

| | | | | | | | | | | | | | | |
|-----------------------|-------|-------|------|------|------|------|------|------|------|------|------|------|------|------|
| ALL HOUSEHOLDS, YEAR- | 2.765 | 1.202 | .168 | .542 | .023 | .315 | .067 | .300 | .149 | .444 | .231 | .050 | .093 | .054 |
| SPRING----- | 2.691 | 1.148 | .166 | .557 | .023 | .311 | .036 | .268 | .183 | .451 | .227 | .061 | .091 | .061 |
| SUMMER----- | 3.027 | 1.298 | .227 | .567 | .021 | .369 | .070 | .295 | .179 | .476 | .243 | .054 | .113 | .056 |
| FALL----- | 2.626 | 1.158 | .140 | .503 | .020 | .301 | .054 | .339 | .111 | .431 | .223 | .046 | .074 | .060 |
| WINTER----- | 2.693 | 1.194 | .134 | .535 | .029 | .276 | .106 | .301 | .118 | .417 | .229 | .039 | .090 | .041 |
| UNDER 1,000----- | 1.888 | .688 | .192 | .383 | .015 | .276 | .006 | .156 | .172 | .350 | .245 | .055 | .036 | .008 |
| 1,000-1,999----- | 2.148 | .847 | .204 | .322 | .033 | .173 | .098 | .333 | .139 | .340 | .224 | .056 | .032 | .028 |
| 2,000-2,999----- | 2.276 | .915 | .128 | .386 | .040 | .254 | .016 | .389 | .148 | .392 | .276 | .034 | .067 | .013 |
| 3,000-3,999----- | 2.207 | .835 | .112 | .469 | .029 | .265 | .019 | .342 | .135 | .428 | .233 | .065 | .085 | .031 |
| 4,000-4,999----- | 2.689 | 1.182 | .163 | .473 | .020 | .399 | .047 | .278 | .128 | .459 | .200 | .062 | .089 | .078 |
| 5,000-5,999----- | 2.510 | .986 | .148 | .489 | .038 | .346 | .097 | .281 | .125 | .446 | .215 | .051 | .103 | .052 |
| 6,000-6,999----- | 2.744 | 1.144 | .148 | .489 | .038 | .346 | .097 | .281 | .125 | .446 | .215 | .051 | .103 | .052 |
| 7,000-9,999----- | 3.141 | 1.434 | .181 | .677 | .018 | .308 | .055 | .283 | .184 | .486 | .236 | .052 | .110 | .058 |
| 10,000 AND OVER--- | 3.202 | 1.481 | .205 | .606 | .011 | .268 | .131 | .340 | .160 | .438 | .254 | .039 | .087 | .055 |

PERCENT OF HOUSEHOLDS USING IN A WEEK

| | | | | | | | | | | | | | | |
|----------------|-------|------|------|------|------|------|------|------|------|-------|------|------|------|------|
| ALL HOUSEHOLDS | | | | | | | | | | | | | | |
| SPRING----- | 99.3 | 93.1 | 65.8 | 71.3 | 12.8 | 76.7 | 8.6 | 58.2 | 54.1 | 98.8 | 95.8 | 53.1 | 61.2 | 27.3 |
| SUMMER----- | 100.0 | 94.1 | 68.0 | 64.7 | 9.2 | 75.8 | 11.1 | 63.4 | 52.9 | 100.0 | 98.0 | 50.3 | 65.4 | 28.1 |
| FALL----- | 100.0 | 93.1 | 52.7 | 64.9 | 9.2 | 69.5 | 9.9 | 67.9 | 33.6 | 98.5 | 96.2 | 39.7 | 58.8 | 23.7 |
| WINTER----- | 99.3 | 94.2 | 52.2 | 64.5 | 13.8 | 78.3 | 13.0 | 56.5 | 44.2 | 99.3 | 98.6 | 41.3 | 66.7 | 26.3 |

* SEE NOTES FOLLOWING WEST, TABLE 18.

YEAR BY SEASON 1965-1966 AND BY INCOME

TABLE 14.--MEAT, POULTRY, FISH,
OTHER PROTEIN FOOD

ALL SOURCES

NORTH CENTRAL

RURAL FA

| SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 | MEAT, POULTRY, FISH | | | | | | | | | OTHER PROTEIN FOOD | | | | |
|---|---------------------|------|------------------------|---------------|-------|-------------------------------------|--------------------|---------|------------------------|--------------------|---|-----------------------------------|--|------------------------|
| | TOTAL | BEEF | BACON, SALT PORK | OTHER PORK | LIVER | LUNCH MEAT, FRANK- FURTERS | OTHER MEAT ‡ | POULTRY | FISH SHELL- FISH | TOTAL ‡ | EGGS (FRESH EQUIV- ALENT) ‡ | DRY LEGUMES (DRY WEIGHT) | NUTS (SHELLED WEIGHT), PEANUT BUTTER | SOUP, MIX- TURES |
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) | (13) | (14) | (15) |

QUANTITY PER PERSON PER WEEK (POUNDS IN COLS. 2-10 AND 13-15, DOZENS IN COL. 12)

| | | | | | | | | | | | | | | |
|-----------------------|-------|-------|------|-------|------|------|------|-------|------|----|------|------|------|------|
| ALL HOUSEHOLDS, YEAR- | 4.762 | 2.062 | .272 | .824 | .044 | .393 | .095 | .823 | .249 | ** | .679 | .147 | .128 | .053 |
| SPRING----- | 4.876 | 2.161 | .297 | .943 | .041 | .440 | .055 | .661 | .278 | ** | .712 | .168 | .129 | .055 |
| SUMMER----- | 4.961 | 1.996 | .282 | .879 | .041 | .437 | .123 | .972 | .231 | ** | .679 | .130 | .135 | .050 |
| FALL----- | 4.805 | 2.104 | .275 | .679 | .039 | .358 | .112 | 1.008 | .229 | ** | .694 | .147 | .129 | .068 |
| WINTER----- | 4.246 | 1.972 | .219 | .746 | .058 | .304 | .089 | .602 | .257 | ** | .616 | .142 | .116 | .035 |
| UNDER 1,000----- | 4.245 | 1.337 | .240 | .764 | .031 | .312 | .185 | 1.058 | .318 | ** | .795 | .186 | .135 | .033 |
| 1,000-1,999----- | 4.936 | 1.770 | .370 | 1.117 | .028 | .277 | .131 | 1.005 | .238 | ** | .802 | .267 | .092 | .039 |
| 2,000-2,999----- | 4.657 | 2.045 | .266 | .801 | .048 | .361 | .061 | .906 | .171 | ** | .719 | .213 | .114 | .044 |
| 3,000-3,999----- | 4.435 | 2.022 | .270 | .644 | .046 | .332 | .024 | .801 | .295 | ** | .669 | .165 | .094 | .039 |
| 4,000-4,999----- | 4.341 | 1.778 | .254 | .733 | .036 | .435 | .072 | .814 | .219 | ** | .654 | .142 | .102 | .057 |
| 5,000-5,999----- | 4.713 | 2.159 | .292 | .713 | .040 | .453 | .105 | .722 | .229 | ** | .650 | .122 | .119 | .062 |
| 6,000-6,999----- | 4.998 | 2.150 | .316 | .888 | .059 | .374 | .126 | .843 | .242 | ** | .702 | .127 | .144 | .054 |
| 7,000-9,999----- | 5.375 | 2.330 | .291 | 1.018 | .050 | .440 | .106 | .867 | .275 | ** | .625 | .132 | .170 | .089 |
| 10,000 AND OVER---- | 4.691 | 2.209 | .229 | .778 | .034 | .350 | .098 | .687 | .307 | ** | .599 | .092 | .153 | .036 |

MONEY VALUE PER PERSON PER WEEK (DOLLARS)

| | | | | | | | | | | | | | | |
|-----------------------|-------|-------|------|------|------|------|------|------|------|------|------|------|------|------|
| ALL HOUSEHOLDS, YEAR- | 2.942 | 1.449 | .182 | .536 | .022 | .247 | .073 | .287 | .145 | .422 | .252 | .046 | .085 | .028 |
| SPRING----- | 2.792 | 1.396 | .168 | .523 | .020 | .260 | .038 | .233 | .153 | .410 | .243 | .051 | .081 | .026 |
| SUMMER----- | 3.114 | 1.462 | .199 | .586 | .022 | .274 | .102 | .328 | .141 | .411 | .237 | .043 | .086 | .038 |
| FALL----- | 2.975 | 1.493 | .190 | .467 | .021 | .235 | .076 | .354 | .140 | .438 | .273 | .042 | .090 | .028 |
| WINTER----- | 2.852 | 1.453 | .165 | .564 | .029 | .202 | .073 | .220 | .147 | .434 | .264 | .047 | .081 | .013 |
| UNDER 1,000----- | 2.246 | .822 | .144 | .441 | .012 | .179 | .124 | .364 | .162 | .482 | .293 | .055 | .103 | .015 |
| 1,000-1,999----- | 2.896 | 1.233 | .214 | .682 | .014 | .158 | .129 | .344 | .122 | .452 | .305 | .057 | .055 | .024 |
| 2,000-2,999----- | 2.786 | 1.409 | .169 | .528 | .026 | .218 | .039 | .302 | .095 | .422 | .270 | .058 | .073 | .016 |
| 3,000-3,999----- | 2.662 | 1.411 | .179 | .409 | .024 | .201 | .018 | .268 | .152 | .384 | .250 | .051 | .061 | .017 |
| 4,000-4,999----- | 2.573 | 1.179 | .171 | .455 | .018 | .263 | .058 | .294 | .135 | .370 | .244 | .045 | .063 | .018 |
| 5,000-5,999----- | 2.967 | 1.523 | .198 | .464 | .018 | .291 | .077 | .264 | .133 | .398 | .241 | .045 | .074 | .033 |
| 6,000-6,999----- | 3.097 | 1.486 | .215 | .574 | .033 | .239 | .100 | .296 | .154 | .478 | .259 | .041 | .095 | .036 |
| 7,000-9,999----- | 3.461 | 1.687 | .201 | .712 | .027 | .290 | .077 | .304 | .164 | .461 | .231 | .046 | .120 | .057 |
| 10,000 AND OVER---- | 3.033 | 1.606 | .170 | .509 | .017 | .224 | .076 | .241 | .191 | .399 | .218 | .035 | .112 | .020 |

PERCENT OF HOUSEHOLDS USING IN A WEEK

| | | | | | | | | | | | | | | |
|----------------|-------|------|------|------|------|------|------|------|------|-------|------|------|------|------|
| ALL HOUSEHOLDS | | | | | | | | | | | | | | |
| SPRING----- | 99.5 | 94.1 | 67.4 | 74.2 | 11.9 | 78.1 | 8.8 | 57.6 | 54.0 | 99.2 | 98.6 | 59.2 | 63.2 | 18.9 |
| SUMMER----- | 100.0 | 92.1 | 66.0 | 62.7 | 10.8 | 77.2 | 13.3 | 66.4 | 46.1 | 99.2 | 99.2 | 52.3 | 65.1 | 17.4 |
| FALL----- | 99.6 | 93.0 | 62.3 | 59.1 | 10.9 | 67.7 | 12.1 | 58.4 | 41.6 | 99.6 | 99.2 | 52.5 | 65.8 | 18.3 |
| WINTER----- | 100.0 | 91.5 | 55.9 | 64.0 | 12.8 | 63.0 | 10.4 | 50.7 | 49.8 | 100.0 | 98.1 | 56.4 | 60.2 | 13.3 |

‡ SEE NOTES FOLLOWING WEST, TABLE 18.

YEAR BY SEASON 1965-1966 AND BY INCOME

TABLE 14.--MEAT, POULTRY, FISH,
OTHER PROTEIN FOOD HOME-PRODUCED

NORTH CENTRAL

RURAL FARM

| SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 (1) | MEAT, POULTRY, FISH | | | | | | | | | OTHER PROTEIN FOOD | | | | |
|--|---------------------|------|------------------------|---------------|-------|-------------------------------------|--------------------|---------|------------------------|--------------------|---|-----------------------------------|--|------------------------|
| | TOTAL | BEEF | BACON, SALT PORK | OTHER PORK | LIVER | LUNCH MEAT, FRANK- FURTERS | OTHER MEAT † | POULTRY | FISH SHELL- FISH | TOTAL † | EGGS (FRESH EQUIV- ALENT) † | DRY LEGUMES (DRY WEIGHT) | NUTS (SHELLED WEIGHT), PEANUT BUTTER | SOUP, MIX- TURES |
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) | (13) | (14) | (15) |

QUANTITY PER PERSON PER WEEK (POUNDS IN COLS. 2-10 AND 13-15, DOZENS IN COL. 12)

| | | | | | | | | | | | | | | |
|-----------------------|-------|-------|------|------|------|------|------|------|------|----|------|------|------|------|
| ALL HOUSEHOLDS, YEAR- | 2.431 | 1.297 | .094 | .423 | .030 | .015 | .076 | .412 | .084 | ** | .353 | .006 | .003 | .000 |
| SPRING----- | 2.411 | 1.390 | .106 | .442 | .024 | .021 | .036 | .299 | .093 | ** | .387 | .006 | .004 | .070 |
| SUMMER----- | 2.534 | 1.173 | .107 | .498 | .030 | .012 | .107 | .528 | .079 | ** | .395 | .008 | .001 | .000 |
| FALL----- | 2.337 | 1.295 | .077 | .301 | .027 | .011 | .080 | .483 | .063 | ** | .328 | .004 | .004 | .000 |
| WINTER----- | 2.417 | 1.356 | .081 | .429 | .040 | .018 | .078 | .308 | .107 | ** | .277 | .007 | .003 | .000 |
| UNDER 1,000----- | 2.586 | .809 | .118 | .485 | .008 | .000 | .171 | .812 | .184 | ** | .569 | .000 | .003 | .000 |
| 1,000-1,999----- | 2.764 | 1.121 | .186 | .683 | .020 | .002 | .128 | .545 | .080 | ** | .618 | .016 | .004 | .000 |
| 2,000-2,999----- | 2.396 | 1.362 | .061 | .326 | .029 | .014 | .046 | .488 | .070 | ** | .418 | .013 | .005 | .000 |
| 3,000-3,999----- | 2.323 | 1.325 | .074 | .271 | .026 | .012 | .020 | .430 | .164 | ** | .398 | .008 | .006 | .000 |
| 4,000-4,999----- | 1.835 | .939 | .073 | .304 | .021 | .002 | .053 | .392 | .051 | ** | .340 | .004 | .001 | .000 |
| 5,000-5,999----- | 2.252 | 1.342 | .068 | .297 | .032 | .013 | .077 | .378 | .046 | ** | .296 | .006 | .002 | .000 |
| 6,000-6,999----- | 2.454 | 1.205 | .157 | .557 | .038 | .019 | .098 | .344 | .037 | ** | .330 | .010 | .001 | .000 |
| 7,000-9,999----- | 2.859 | 1.537 | .120 | .571 | .033 | .026 | .088 | .403 | .081 | ** | .255 | .003 | .003 | .000 |
| 10,000 AND OVER---- | 2.331 | 1.384 | .063 | .401 | .026 | .004 | .064 | .238 | .150 | ** | .193 | .000 | .004 | .000 |

MONEY VALUE PER PERSON PER WEEK (DOLLARS)

| | | | | | | | | | | | | | | |
|-----------------------|-------|-------|------|------|------|------|------|------|------|------|------|------|------|------|
| ALL HOUSEHOLDS, YEAR- | 1.547 | .940 | .060 | .272 | .016 | .012 | .060 | .146 | .041 | .138 | .132 | .002 | .004 | .000 |
| SPRING----- | 1.422 | .916 | .058 | .242 | .012 | .015 | .027 | .109 | .044 | .142 | .135 | .001 | .006 | .000 |
| SUMMER----- | 1.621 | .888 | .073 | .325 | .017 | .009 | .091 | .178 | .040 | .143 | .139 | .002 | .002 | .000 |
| FALL----- | 1.504 | .964 | .051 | .200 | .014 | .009 | .057 | .175 | .033 | .137 | .130 | .001 | .006 | .000 |
| WINTER----- | 1.662 | 1.027 | .056 | .320 | .019 | .016 | .065 | .114 | .046 | .129 | .122 | .003 | .004 | .000 |
| UNDER 1,000----- | 1.376 | .518 | .068 | .295 | .004 | .000 | .117 | .281 | .094 | .216 | .212 | .000 | .004 | .000 |
| 1,000-1,999----- | 1.729 | .830 | .101 | .435 | .010 | .001 | .127 | .192 | .033 | .247 | .239 | .003 | .005 | .000 |
| 2,000-2,999----- | 1.495 | .975 | .038 | .220 | .015 | .011 | .033 | .168 | .037 | .166 | .157 | .003 | .006 | .000 |
| 3,000-3,999----- | 1.421 | .939 | .049 | .172 | .014 | .009 | .016 | .150 | .073 | .163 | .151 | .004 | .008 | .000 |
| 4,000-4,999----- | 1.106 | .657 | .044 | .190 | .011 | .002 | .046 | .133 | .024 | .127 | .124 | .001 | .001 | .000 |
| 5,000-5,999----- | 1.431 | .968 | .044 | .179 | .014 | .011 | .058 | .138 | .020 | .116 | .110 | .002 | .004 | .000 |
| 6,000-6,999----- | 1.590 | .866 | .103 | .352 | .023 | .015 | .079 | .134 | .019 | .129 | .125 | .002 | .002 | .000 |
| 7,000-9,999----- | 1.907 | 1.152 | .085 | .383 | .019 | .022 | .068 | .141 | .035 | .099 | .095 | .001 | .004 | .000 |
| 10,000 AND OVER---- | 1.520 | .990 | .040 | .254 | .013 | .003 | .053 | .085 | .083 | .078 | .071 | .000 | .006 | .000 |

PERCENT OF HOUSEHOLDS USING IN A WEEK

| | | | | | | | | | | | | | | |
|----------------|------|------|------|------|-----|-----|-----|------|------|------|------|-----|-----|----|
| ALL HOUSEHOLDS | | | | | | | | | | | | | | |
| SPRING----- | 71.4 | 51.5 | 20.2 | 30.0 | 6.4 | 3.3 | 5.3 | 24.9 | 10.5 | 51.8 | 49.1 | 1.7 | 5.8 | .0 |
| SUMMER----- | 73.4 | 50.6 | 21.6 | 32.4 | 7.1 | 2.1 | 9.5 | 31.5 | 7.5 | 58.5 | 56.4 | 2.9 | 2.5 | .0 |
| FALL----- | 68.5 | 53.3 | 12.8 | 21.4 | 7.0 | 2.3 | 6.2 | 27.6 | 6.2 | 44.7 | 40.9 | 1.6 | 5.8 | .0 |
| WINTER----- | 68.7 | 53.6 | 16.6 | 28.0 | 9.0 | 3.3 | 9.5 | 22.7 | 5.7 | 43.1 | 41.2 | 2.8 | 3.3 | .0 |

† SEE NOTES FOLLOWING WEST, TABLE 18.

YEAR BY SEASON 1965-1966 AND BY INCOME

TABLE 15.--VEGETABLES (FRESH, PROCESSED)

NORTH CENTRAL

ALL URBANIZATION

| SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 | ALL VEGETABLES | | | | | | POTATOES † | | | | | |
|---|----------------|-----------------|------|-----------------|------|-------|--|-----------------|------|-----------------|------|-------|
| | TOTAL ‡ | CANNED | | FROZEN | | DRIED | TOTAL (FRESH EQUIV- ALENT) ‡ | CANNED | | FROZEN | | DRIED |
| | | COMMER- CIAL | HOME | COMMER- CIAL | HOME | | | COMMER- CIAL | HOME | COMMER- CIAL | HOME | |
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) | (13) |

QUANTITY PER PERSON PER WEEK (POUNDS)

| | | | | | | | | | | | | |
|------------------------|-------|-------|------|------|------|------|-------|------|------|------|------|------|
| ALL HOUSEHOLDS, YEAR-- | 5.762 | 1.151 | .224 | .197 | .066 | .014 | 2.291 | .010 | * | .053 | * | .011 |
| SPRING----- | 5.405 | 1.184 | .220 | .215 | .057 | .017 | 2.266 | .013 | * | .057 | * | .013 |
| SUMMER----- | 6.692 | .907 | .146 | .175 | .052 | .012 | 2.221 | .007 | .000 | .055 | .000 | .009 |
| FALL----- | 5.434 | 1.166 | .280 | .189 | .078 | .011 | 2.247 | .012 | .000 | .039 | .000 | .010 |
| WINTER----- | 5.444 | 1.373 | .259 | .212 | .079 | .016 | 2.438 | .009 | .000 | .060 | .000 | .014 |
| UNDER 1,000----- | 5.891 | 1.061 | .342 | .070 | .046 | .013 | 2.189 | .006 | .000 | .014 | .000 | .011 |
| 1,000-1,999----- | 6.039 | 1.059 | .586 | .096 | .074 | .010 | 2.155 | .004 | * | .040 | .000 | .010 |
| 2,000-2,999----- | 6.056 | 1.063 | .368 | .128 | .083 | .013 | 2.369 | .011 | .000 | .028 | .001 | .012 |
| 3,000-3,999----- | 5.927 | 1.164 | .406 | .094 | .088 | .017 | 2.453 | .010 | .000 | .010 | .000 | .016 |
| 4,000-4,999----- | 6.112 | 1.250 | .273 | .172 | .069 | .012 | 2.581 | .012 | .000 | .047 | .000 | .009 |
| 5,000-5,999----- | 5.799 | 1.165 | .263 | .165 | .064 | .014 | 2.362 | .008 | .000 | .049 | .000 | .010 |
| 6,000-6,999----- | 5.624 | 1.233 | .161 | .171 | .064 | .014 | 2.309 | .009 | .000 | .051 | .000 | .012 |
| 7,000-7,999----- | 5.583 | 1.144 | .170 | .226 | .054 | .012 | 2.222 | .014 | .000 | .059 | .000 | .010 |
| 8,000-8,999----- | 5.577 | 1.111 | .153 | .258 | .094 | .014 | 2.209 | .012 | .000 | .073 | .000 | .012 |
| 9,000-9,999----- | 5.639 | 1.065 | .123 | .265 | .076 | .014 | 2.321 | .006 | .000 | .073 | .000 | .012 |
| 10,000-14,999----- | 5.762 | 1.136 | .131 | .288 | .035 | .022 | 2.248 | .022 | .000 | .080 | .000 | .019 |
| 15,000 AND OVER---- | 5.774 | 1.284 | .072 | .345 | .039 | .016 | 1.858 | .001 | .000 | .101 | .000 | .007 |

MONEY VALUE PER PERSON PER WEEK (DOLLARS)

| | | | | | | | | | | | | |
|------------------------|-------|------|------|------|------|------|------|------|------|------|------|------|
| ALL HOUSEHOLDS, YEAR-- | 1.043 | .234 | .048 | .069 | .023 | .012 | .228 | .002 | * | .013 | * | .008 |
| SPRING----- | 1.067 | .238 | .048 | .072 | .019 | .012 | .263 | .003 | * | .014 | * | .009 |
| SUMMER----- | 1.197 | .187 | .031 | .063 | .018 | .012 | .252 | .001 | .000 | .013 | .000 | .007 |
| FALL----- | .930 | .234 | .059 | .069 | .028 | .012 | .188 | .003 | .000 | .010 | .000 | .008 |
| WINTER----- | .957 | .280 | .054 | .074 | .027 | .013 | .204 | .002 | .000 | .015 | .000 | .009 |
| UNDER 1,000----- | .966 | .213 | .071 | .021 | .015 | .012 | .204 | * | .000 | .003 | .000 | .009 |
| 1,000-1,999----- | 1.027 | .213 | .120 | .032 | .025 | .009 | .193 | .001 | * | .010 | .000 | .008 |
| 2,000-2,999----- | 1.042 | .208 | .084 | .041 | .028 | .008 | .221 | .002 | .000 | .007 | * | .007 |
| 3,000-3,999----- | .979 | .228 | .084 | .033 | .030 | .012 | .215 | .003 | .000 | .003 | .000 | .011 |
| 4,000-4,999----- | 1.058 | .254 | .062 | .057 | .025 | .009 | .244 | .003 | .000 | .011 | .000 | .007 |
| 5,000-5,999----- | 1.003 | .236 | .057 | .055 | .023 | .013 | .222 | .002 | .000 | .011 | .000 | .007 |
| 6,000-6,999----- | 1.013 | .253 | .033 | .063 | .022 | .013 | .229 | .002 | .000 | .013 | .000 | .009 |
| 7,000-7,999----- | .990 | .229 | .033 | .077 | .019 | .009 | .221 | .003 | .000 | .015 | .000 | .006 |
| 8,000-8,999----- | 1.061 | .224 | .032 | .092 | .035 | .013 | .242 | .003 | .000 | .019 | .000 | .009 |
| 9,000-9,999----- | 1.074 | .225 | .028 | .090 | .026 | .012 | .241 | .001 | .000 | .017 | .000 | .007 |
| 10,000-14,999----- | 1.158 | .238 | .027 | .105 | .012 | .020 | .249 | .003 | .000 | .021 | .000 | .013 |
| 15,000 AND OVER---- | 1.240 | .263 | .020 | .134 | .014 | .019 | .219 | .001 | .000 | .027 | .000 | .005 |

PERCENT OF HOUSEHOLDS USING IN A WEEK

| | | | | | | | | | | | | |
|----------------|------|------|------|------|------|------|------|-----|----|------|----|-----|
| ALL HOUSEHOLDS | | | | | | | | | | | | |
| SPRING----- | 99.7 | 90.0 | 19.4 | 38.0 | 8.7 | 13.4 | 92.8 | 3.6 | * | 12.3 | * | 6.5 |
| SUMMER----- | 99.8 | 84.8 | 19.0 | 31.8 | 6.0 | 12.0 | 94.3 | 2.5 | .0 | 11.0 | .0 | 5.1 |
| FALL----- | 99.6 | 84.5 | 23.4 | 37.8 | 10.2 | 12.7 | 94.7 | 2.8 | .0 | 10.2 | .0 | 5.8 |
| WINTER----- | 99.4 | 92.2 | 22.9 | 40.5 | 11.0 | 14.7 | 95.9 | 3.4 | .0 | 13.8 | .0 | 7.4 |

* SEE NOTES FOLLOWING WEST, TABLE 18.

YEAR BY SEASON 1965-1966 AND BY INCOME

TABLE 15.--VEGETABLES (FRESH, PROCESSED)
--CONTINUED

NORTH CENTRAL

ALL URBANIZATION

| SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 (1) | DARK GREEN ‡ | | | | | DEEP YELLOW ‡ | | | | | TOMATOES ‡ | | |
|--|------------------------|-------------------------|--------------|-------------------------|--------------|------------------------|-------------------------|--------------|-------------------------|--------------|------------------------|-------------------------|--------------|
| | TOTAL ‡ (14) | CANNED | | FROZEN | | TOTAL ‡ (19) | CANNED | | FROZEN | | TOTAL ‡ (24) | CANNED | |
| | | COMMER- CIAL (15) | HOME (16) | COMMER- CIAL (17) | HOME (18) | | COMMER- CIAL (20) | HOME (21) | COMMER- CIAL (22) | HOME (23) | | COMMER- CIAL (25) | HOME (26) |
| QUANTITY PER PERSON PER WEEK (POUNDS) | | | | | | | | | | | | | |
| ALL HOUSEHOLDS, YEAR- | .121 | .027 | .003 | .024 | .002 | .291 | .050 | .004 | .006 | .002 | .881 | .407 | .092 |
| SPRING----- | .136 | .032 | .003 | .027 | .002 | .264 | .048 | .007 | .007 | .003 | .729 | .414 | .086 |
| SUMMER----- | .121 | .018 | .001 | .018 | .001 | .216 | .044 | .001 | .007 | .002 | 1.308 | .347 | .058 |
| FALL----- | .109 | .024 | .003 | .024 | .003 | .395 | .057 | .006 | .006 | .003 | .746 | .401 | .118 |
| WINTER----- | .117 | .036 | .004 | .029 | .001 | .300 | .051 | .002 | .003 | .002 | .705 | .471 | .111 |
| UNDER 1,000----- | .123 | .062 | .005 | .010 | .002 | .206 | .012 | .004 | .000 | .003 | .727 | .274 | .097 |
| 1,000-1,999----- | .180 | .034 | .011 | .007 | .002 | .291 | .044 | .015 | .002 | .002 | .987 | .319 | .258 |
| 2,000-2,999----- | .136 | .040 | .007 | .013 | .001 | .312 | .041 | .006 | .005 | * | .870 | .358 | .106 |
| 3,000-3,999----- | .117 | .031 | .006 | .008 | .003 | .293 | .069 | .007 | .001 | .004 | .820 | .347 | .140 |
| 4,000-4,999----- | .128 | .040 | .001 | .019 | .001 | .291 | .045 | .011 | .004 | .004 | .901 | .407 | .083 |
| 5,000-5,999----- | .107 | .023 | .002 | .016 | .003 | .285 | .061 | .003 | .007 | .003 | .870 | .411 | .107 |
| 6,000-6,999----- | .122 | .025 | .004 | .026 | .001 | .293 | .058 | .001 | .004 | .001 | .838 | .427 | .078 |
| 7,000-7,999----- | .127 | .027 | .001 | .033 | .002 | .284 | .061 | .003 | .005 | .001 | .854 | .410 | .094 |
| 8,000-8,999----- | .113 | .027 | .001 | .034 | .004 | .259 | .038 | .005 | .004 | .001 | .919 | .418 | .083 |
| 9,000-9,999----- | .104 | .023 | * | .021 | .001 | .254 | .054 | .001 | .009 | .001 | .819 | .373 | .045 |
| 10,000-14,999----- | .130 | .021 | .003 | .041 | * | .290 | .038 | .004 | .008 | .001 | .982 | .455 | .070 |
| 15,000 AND OVER---- | .116 | .015 | .000 | .049 | .000 | .429 | .053 | .000 | .026 | .004 | 1.088 | .562 | .013 |
| MONEY VALUE PER PERSON PER WEEK (DOLLARS) | | | | | | | | | | | | | |
| ALL HOUSEHOLDS, YEAR- | .039 | .005 | .001 | .010 | .001 | .048 | .010 | .001 | .002 | .001 | .187 | .076 | .015 |
| SPRING----- | .039 | .006 | .001 | .010 | .001 | .046 | .010 | .001 | .002 | .001 | .160 | .077 | .015 |
| SUMMER----- | .043 | .004 | * | .007 | * | .039 | .010 | * | .003 | .001 | .272 | .065 | .009 |
| FALL----- | .035 | .004 | .002 | .009 | .001 | .058 | .011 | .001 | .002 | .001 | .162 | .073 | .020 |
| WINTER----- | .038 | .007 | .001 | .012 | * | .049 | .010 | * | .001 | .001 | .147 | .089 | .018 |
| UNDER 1,000----- | .033 | .013 | .001 | .003 | .001 | .032 | .002 | * | .000 | .001 | .136 | .050 | .016 |
| 1,000-1,999----- | .042 | .006 | .002 | .003 | .001 | .048 | .009 | .003 | .001 | .001 | .203 | .060 | .044 |
| 2,000-2,999----- | .036 | .008 | .002 | .005 | * | .050 | .008 | .001 | .001 | * | .191 | .069 | .019 |
| 3,000-3,999----- | .030 | .005 | .001 | .002 | .001 | .048 | .016 | .001 | * | .001 | .166 | .064 | .023 |
| 4,000-4,999----- | .036 | .007 | * | .008 | .001 | .047 | .011 | .002 | .001 | .001 | .191 | .076 | .015 |
| 5,000-5,999----- | .034 | .004 | .001 | .006 | .001 | .046 | .012 | * | .002 | .001 | .180 | .076 | .018 |
| 6,000-6,999----- | .038 | .005 | .002 | .011 | * | .049 | .011 | * | .001 | * | .174 | .078 | .013 |
| 7,000-7,999----- | .042 | .006 | * | .012 | .001 | .045 | .012 | .001 | .001 | * | .178 | .074 | .014 |
| 8,000-8,999----- | .039 | .006 | * | .014 | .001 | .041 | .007 | .001 | .002 | * | .193 | .078 | .014 |
| 9,000-9,999----- | .038 | .004 | * | .008 | * | .042 | .010 | * | .003 | * | .190 | .076 | .008 |
| 10,000-14,999----- | .049 | .005 | .001 | .016 | * | .047 | .008 | .001 | .003 | * | .221 | .085 | .012 |
| 15,000 AND OVER---- | .056 | .003 | .000 | .020 | .000 | .081 | .014 | .000 | .010 | .001 | .237 | .105 | .003 |
| PERCENT OF HOUSEHOLDS USING IN A WEEK | | | | | | | | | | | | | |
| ALL HOUSEHOLDS | | | | | | | | | | | | | |
| SPRING----- | 39.0 | 9.1 | .7 | 9.4 | 1.2 | 54.4 | 11.6 | 1.2 | 2.6 | .6 | 83.4 | 70.2 | 9.5 |
| SUMMER----- | 40.6 | 7.4 | .2 | 7.0 | .6 | 50.9 | 10.7 | .3 | 2.5 | .5 | 90.7 | 68.1 | 7.7 |
| FALL----- | 33.3 | 6.9 | .7 | 8.0 | 1.2 | 61.4 | 11.2 | 1.4 | 2.5 | .7 | 77.2 | 64.4 | 11.1 |
| WINTER----- | 35.6 | 9.3 | .8 | 11.1 | 1.0 | 60.1 | 11.6 | .3 | 1.7 | .7 | 81.5 | 70.5 | 12.6 |

* SEE NOTES FOLLOWING WEST, TABLE 18.

YEAR BY SEASON 1965-1966 AND BY INCOME

TABLE 15.--VEGETABLES (FRESH, PROCESSED)
--CONTINUED

NORTH CENTRAL

ALL URBANIZATION

| SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 (1) | OTHER * | | | | | | SOUP, MIXTURES | | | | | |
|--|------------------------|-----------------------------|------------------|-----------------------------|------------------|-------------------|------------------------|-----------------------------|------------------|-----------------------------|------------------|-------------------|
| | TOTAL * (27) | CANNED | | FROZEN | | DRIED (32) | TOTAL * (33) | CANNED | | FROZEN | | DRIED (38) |
| | | COMMER- CIAL (28) | HOME (29) | COMMER- CIAL (30) | HOME (31) | | | COMMER- CIAL (34) | HOME (35) | COMMER- CIAL (36) | HOME (37) | |
| QUANTITY PER PERSON PER WEEK (POUNDS) | | | | | | | | | | | | |
| ALL HOUSEHOLDS, YEAR- | 2.493 | .559 | .125 | .111 | .060 | .001 | .108 | .098 | * | .003 | * | .001 |
| SPRING----- | 2.344 | .589 | .125 | .120 | .051 | .002 | .097 | .089 | .000 | .003 | .000 | .001 |
| SUMMER----- | 3.166 | .408 | .085 | .089 | .048 | .001 | .096 | .082 | .000 | .005 | * | .001 |
| FALL----- | 2.183 | .569 | .153 | .117 | .071 | .001 | .112 | .103 | .000 | .002 | * | .001 |
| WINTER----- | 2.213 | .685 | .142 | .118 | .073 | .001 | .130 | .121 | * | .002 | .000 | .001 |
| UNDER 1,000----- | 2.817 | .619 | .237 | .045 | .033 | .002 | .089 | .088 | .000 | .000 | .000 | * |
| 1,000-1,999----- | 2.595 | .582 | .302 | .043 | .070 | * | .081 | .077 | .000 | .004 | .000 | * |
| 2,000-2,999----- | 2.612 | .521 | .248 | .082 | .081 | .001 | .100 | .092 | .001 | .001 | .000 | * |
| 3,000-3,999----- | 2.455 | .628 | .253 | .076 | .081 | .001 | .079 | .078 | .000 | .000 | .000 | * |
| 4,000-4,999----- | 2.506 | .642 | .178 | .098 | .062 | .002 | .116 | .103 | .000 | .003 | .000 | .001 |
| 5,000-5,999----- | 2.418 | .545 | .151 | .088 | .054 | .002 | .131 | .117 | .000 | .005 | .001 | .001 |
| 6,000-6,999----- | 2.375 | .603 | .077 | .086 | .062 | * | .121 | .111 | .000 | .004 | .000 | .001 |
| 7,000-7,999----- | 2.419 | .532 | .072 | .127 | .050 | .001 | .110 | .101 | .000 | .003 | .000 | .001 |
| 8,000-8,999----- | 2.449 | .521 | .065 | .138 | .069 | .001 | .108 | .095 | .000 | .008 | .000 | .001 |
| 9,000-9,999----- | 2.519 | .522 | .076 | .157 | .074 | * | .098 | .088 | .000 | .005 | .000 | .002 |
| 10,000-14,999----- | 2.612 | .508 | .055 | .156 | .032 | .001 | .106 | .093 | .000 | .003 | .000 | .002 |
| 15,000 AND OVER---- | 2.677 | .557 | .059 | .167 | .035 | .006 | .105 | .095 | .000 | .001 | .000 | .002 |
| MONEY VALUE PER PERSON PER WEEK (DOLLARS) | | | | | | | | | | | | |
| ALL HOUSEHOLDS, YEAR- | .508 | .114 | .031 | .042 | .021 | .002 | .033 | .026 | * | .002 | * | .002 |
| SPRING----- | .527 | .118 | .030 | .043 | .017 | .001 | .031 | .024 | .000 | .002 | .000 | .002 |
| SUMMER----- | .559 | .085 | .022 | .035 | .017 | .003 | .031 | .022 | .000 | .004 | * | .002 |
| FALL----- | .454 | .115 | .037 | .046 | .026 | .001 | .032 | .027 | .000 | .001 | * | .001 |
| WINTER----- | .483 | .141 | .035 | .044 | .026 | .001 | .036 | .030 | * | .002 | .000 | .002 |
| UNDER 1,000----- | .537 | .125 | .054 | .015 | .012 | .001 | .024 | .023 | .000 | .000 | .000 | * |
| 1,000-1,999----- | .517 | .116 | .071 | .015 | .024 | * | .024 | .020 | .000 | .003 | .000 | .001 |
| 2,000-2,999----- | .520 | .099 | .062 | .028 | .027 | .001 | .024 | .020 | * | .001 | .000 | .001 |
| 3,000-3,999----- | .499 | .122 | .059 | .028 | .028 | * | .021 | .020 | .000 | .000 | .000 | .001 |
| 4,000-4,999----- | .506 | .131 | .044 | .035 | .022 | .001 | .033 | .026 | .000 | .002 | .000 | .001 |
| 5,000-5,999----- | .482 | .111 | .037 | .033 | .020 | .005 | .039 | .032 | .000 | .003 | * | .001 |
| 6,000-6,999----- | .483 | .125 | .019 | .034 | .021 | .001 | .038 | .031 | .000 | .003 | .000 | .002 |
| 7,000-7,999----- | .472 | .107 | .017 | .047 | .018 | .001 | .032 | .026 | .000 | .002 | .000 | .001 |
| 8,000-8,999----- | .512 | .107 | .017 | .052 | .033 | .001 | .034 | .025 | .000 | .006 | .000 | .002 |
| 9,000-9,999----- | .530 | .110 | .019 | .059 | .025 | .001 | .034 | .024 | .000 | .004 | .000 | .003 |
| 10,000-14,999----- | .557 | .113 | .013 | .063 | .011 | .002 | .035 | .024 | .000 | .002 | .000 | .003 |
| 15,000 AND OVER---- | .615 | .115 | .018 | .076 | .013 | .004 | .032 | .025 | .000 | .001 | .000 | .004 |
| PERCENT OF HOUSEHOLDS USING IN A WEEK | | | | | | | | | | | | |
| ALL HOUSEHOLDS | | | | | | | | | | | | |
| SPRING----- | 97.9 | 70.9 | 15.8 | 27.3 | 8.0 | 3.9 | 27.4 | 23.0 | .0 | 1.4 | .0 | 3.1 |
| SUMMER----- | 98.7 | 57.7 | 15.4 | 21.9 | 5.3 | 4.9 | 26.4 | 20.6 | .0 | 2.2 | * | 2.6 |
| FALL----- | 98.2 | 65.0 | 18.3 | 28.6 | 9.7 | 4.6 | 28.4 | 25.1 | .0 | 1.1 | * | 2.2 |
| WINTER----- | 98.3 | 76.7 | 18.0 | 28.7 | 10.5 | 4.3 | 34.1 | 30.5 | * | 1.0 | .0 | 3.5 |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 15.--VEGETABLES (FRESH, PROCESSED)

NORTH CENTRAL

URBAN

| SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 | ALL VEGETABLES | | | | | | POTATOES † | | | | | |
|---|----------------|-----------------|------|-----------------|------|-------|--|-----------------|------|-----------------|------|-------|
| | TOTAL ‡ | CANNED | | FROZEN | | DRIED | TOTAL (FRESH EQUIV- ALENT) ‡ | CANNED | | FROZEN | | DRIED |
| | | COMMER- CIAL | HOME | COMMER- CIAL | HOME | | | COMMER- CIAL | HOME | COMMER- CIAL | HOME | |
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) | (13) |
| QUANTITY PER PERSON PER WEEK (POUNDS) | | | | | | | | | | | | |
| ALL HOUSEHOLDS, YEAR- | 5.448 | 1.230 | .097 | .217 | .021 | .014 | 2.093 | .010 | .000 | .060 | .000 | .011 |
| SPRING----- | 5.206 | 1.267 | .072 | .231 | .014 | .016 | 2.080 | .015 | .000 | .062 | .000 | .012 |
| SUMMER----- | 6.104 | 1.028 | .062 | .189 | .018 | .014 | 2.023 | .009 | .000 | .068 | .000 | .011 |
| FALL----- | 5.190 | 1.230 | .121 | .205 | .031 | .012 | 2.062 | .005 | .000 | .047 | .000 | .010 |
| WINTER----- | 5.253 | 1.414 | .140 | .244 | .021 | .015 | 2.214 | .011 | .000 | .063 | .000 | .012 |
| UNDER 1,000----- | 4.924 | 1.324 | .137 | .067 | .015 | .023 | 1.709 | .000 | .000 | .000 | .000 | .019 |
| 1,000-1,999----- | 5.285 | 1.397 | .195 | .144 | .019 | .014 | 1.826 | .007 | .000 | .062 | .000 | .014 |
| 2,000-2,999----- | 5.566 | 1.354 | .075 | .179 | .005 | .012 | 2.196 | .020 | .000 | .042 | .000 | .011 |
| 3,000-3,999----- | 5.403 | 1.304 | .200 | .125 | .018 | .022 | 2.030 | .009 | .000 | .011 | .000 | .021 |
| 4,000-4,999----- | 5.932 | 1.441 | .164 | .203 | .026 | .009 | 2.395 | .015 | .000 | .065 | .000 | .008 |
| 5,000-5,999----- | 5.409 | 1.207 | .157 | .187 | .023 | .012 | 2.166 | .010 | .000 | .065 | .000 | .010 |
| 6,000-6,999----- | 5.394 | 1.249 | .084 | .173 | .025 | .009 | 2.153 | .008 | .000 | .058 | .000 | .007 |
| 7,000-7,999----- | 5.268 | 1.135 | .074 | .204 | .014 | .012 | 2.056 | .009 | .000 | .053 | .000 | .010 |
| 8,000-8,999----- | 5.339 | 1.188 | .082 | .265 | .021 | .008 | 2.079 | .016 | .000 | .076 | .000 | .006 |
| 9,000-9,999----- | 5.251 | 1.069 | .064 | .198 | .043 | .019 | 2.093 | .008 | .000 | .043 | .000 | .016 |
| 10,000-14,999----- | 5.773 | 1.181 | .056 | .315 | .009 | .023 | 2.185 | .013 | .000 | .083 | .000 | .019 |
| 15,000 AND OVER---- | 5.594 | 1.273 | .025 | .363 | .021 | .018 | 1.643 | .002 | .000 | .104 | .000 | .008 |
| MONEY VALUE PER PERSON PER WEEK (DOLLARS) | | | | | | | | | | | | |
| ALL HOUSEHOLDS, YEAR- | 1.010 | .248 | .020 | .076 | .008 | .013 | .221 | .002 | .000 | .015 | .000 | .008 |
| SPRING----- | 1.038 | .254 | .015 | .077 | .005 | .013 | .252 | .003 | .000 | .015 | .000 | .008 |
| SUMMER----- | 1.096 | .208 | .012 | .065 | .006 | .012 | .239 | .002 | .000 | .016 | .000 | .008 |
| FALL----- | .921 | .244 | .025 | .076 | .012 | .013 | .188 | .002 | .000 | .012 | .000 | .008 |
| WINTER----- | .973 | .291 | .028 | .088 | .008 | .012 | .200 | .003 | .000 | .016 | .000 | .008 |
| UNDER 1,000----- | .841 | .272 | .025 | .023 | .003 | .019 | .175 | .000 | .000 | .000 | .000 | .017 |
| 1,000-1,999----- | .934 | .274 | .036 | .047 | .008 | .013 | .185 | .002 | .000 | .015 | .000 | .012 |
| 2,000-2,999----- | .981 | .265 | .015 | .058 | .002 | .008 | .224 | .004 | .000 | .010 | .000 | .006 |
| 3,000-3,999----- | .906 | .251 | .038 | .043 | .006 | .014 | .196 | .002 | .000 | .003 | .000 | .014 |
| 4,000-4,999----- | 1.035 | .293 | .036 | .068 | .011 | .010 | .231 | .002 | .000 | .015 | .000 | .007 |
| 5,000-5,999----- | .956 | .241 | .033 | .061 | .009 | .010 | .219 | .003 | .000 | .014 | .000 | .007 |
| 6,000-6,999----- | .958 | .250 | .017 | .060 | .009 | .009 | .215 | .002 | .000 | .015 | .000 | .006 |
| 7,000-7,999----- | .931 | .228 | .014 | .067 | .006 | .010 | .211 | .002 | .000 | .012 | .000 | .007 |
| 8,000-8,999----- | .993 | .237 | .016 | .092 | .008 | .009 | .227 | .004 | .000 | .019 | .000 | .005 |
| 9,000-9,999----- | 1.005 | .232 | .014 | .073 | .013 | .016 | .221 | .001 | .000 | .011 | .000 | .009 |
| 10,000-14,999----- | 1.202 | .247 | .011 | .117 | .003 | .021 | .255 | .003 | .000 | .022 | .000 | .013 |
| 15,000 AND OVER---- | 1.259 | .263 | .008 | .144 | .008 | .021 | .210 | .001 | .000 | .028 | .000 | .006 |
| PERCENT OF HOUSEHOLDS USING IN A WEEK | | | | | | | | | | | | |
| ALL HOUSEHOLDS | | | | | | | | | | | | |
| SPRING----- | 99.6 | 91.5 | 8.8 | 40.4 | 2.9 | 14.2 | 91.3 | 3.9 | .0 | 13.5 | .0 | 6.7 |
| SUMMER----- | 99.7 | 87.1 | 9.2 | 35.1 | 2.1 | 14.5 | 92.6 | 3.2 | .0 | 13.7 | .0 | 6.3 |
| FALL----- | 99.5 | 86.1 | 12.5 | 42.7 | 4.0 | 15.7 | 94.1 | 2.4 | .0 | 12.3 | .0 | 6.9 |
| WINTER----- | 99.5 | 94.8 | 14.5 | 44.4 | 4.4 | 15.9 | 95.1 | 3.8 | .0 | 14.0 | .0 | 7.7 |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 15.--VEGETABLES (FRESH, PROCESSED)
--CONTINUED

NORTH CENTRAL

URBAN

| SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 (1) | DARK GREEN ‡ | | | | | DEEP YELLOW ‡ | | | | | TOMATOES ‡ | | |
|--|------------------------|-----------------------------|------------------|-----------------------------|------------------|------------------------|-----------------------------|------------------|-----------------------------|------------------|------------------------|-----------------------------|------------------|
| | TOTAL ‡ (14) | CANNED | | FROZEN | | TOTAL ‡ (19) | CANNED | | FROZEN | | TOTAL ‡ (24) | CANNED | |
| | | COMMER- CIAL (15) | HOME (16) | COMMER- CIAL (17) | HOME (18) | | COMMER- CIAL (20) | HOME (21) | COMMER- CIAL (22) | HOME (23) | | COMMER- CIAL (25) | HOME (26) |

QUANTITY PER PERSON PER WEEK (POUNDS)

| | | | | | | | | | | | | | |
|------------------------|------|------|------|------|------|------|------|------|------|------|-------|------|------|
| ALL HOUSEHOLDS, YEAR-- | .140 | .032 | .001 | .028 | .001 | .276 | .048 | .001 | .007 | .001 | .858 | .441 | .047 |
| SPRING----- | .157 | .034 | * | .033 | * | .269 | .050 | .002 | .008 | .001 | .721 | .442 | .032 |
| SUMMER----- | .122 | .021 | .000 | .022 | * | .197 | .042 | .000 | .010 | .000 | 1.233 | .401 | .030 |
| FALL----- | .131 | .028 | .002 | .026 | .003 | .353 | .053 | .002 | .007 | * | .759 | .447 | .060 |
| WINTER----- | .150 | .045 | .003 | .034 | .001 | .293 | .045 | .000 | .004 | .001 | .697 | .479 | .071 |
| UNDER 1,000----- | .134 | .095 | .000 | .004 | .000 | .139 | .019 | .000 | .000 | .000 | .759 | .373 | .071 |
| 1,000-1,999----- | .244 | .045 | .000 | .011 | .001 | .247 | .068 | .002 | .002 | .000 | .819 | .423 | .126 |
| 2,000-2,999----- | .183 | .054 | .000 | .018 | .000 | .267 | .039 | .000 | .006 | .000 | .809 | .438 | .058 |
| 3,000-3,999----- | .146 | .046 | .000 | .012 | * | .306 | .070 | .000 | .000 | .004 | .768 | .387 | .097 |
| 4,000-4,999----- | .160 | .045 | .000 | .024 | * | .326 | .057 | .010 | .002 | .004 | .848 | .450 | .047 |
| 5,000-5,999----- | .141 | .030 | .003 | .020 | .004 | .277 | .066 | .000 | .009 | .000 | .817 | .428 | .072 |
| 6,000-6,999----- | .125 | .028 | .003 | .023 | * | .265 | .044 | .000 | .006 | .000 | .820 | .447 | .037 |
| 7,000-7,999----- | .130 | .028 | .000 | .032 | .001 | .261 | .055 | .002 | .007 | .000 | .819 | .411 | .042 |
| 8,000-8,999----- | .121 | .030 | .000 | .039 | .002 | .244 | .036 | .000 | .006 | .000 | .880 | .418 | .057 |
| 9,000-9,999----- | .103 | .023 | .000 | .016 | .000 | .216 | .038 | .000 | .005 | .000 | .837 | .362 | .021 |
| 10,000-14,999----- | .147 | .022 | .003 | .048 | * | .269 | .033 | .000 | .010 | .000 | 1.019 | .500 | .026 |
| 15,000 AND OVER---- | .135 | .018 | .000 | .059 | .000 | .423 | .053 | .000 | .021 | .004 | 1.095 | .579 | .005 |

MONEY VALUE PER PERSON PER WEEK (DOLLARS)

| | | | | | | | | | | | | | |
|------------------------|------|------|------|------|------|------|------|------|------|------|------|------|------|
| ALL HOUSEHOLDS, YEAR-- | .044 | .006 | .001 | .011 | * | .046 | .010 | * | .002 | * | .185 | .081 | .008 |
| SPRING----- | .045 | .007 | * | .012 | * | .046 | .010 | * | .002 | * | .163 | .081 | .006 |
| SUMMER----- | .043 | .005 | .000 | .009 | * | .037 | .010 | .000 | .003 | .000 | .251 | .071 | .004 |
| FALL----- | .042 | .005 | .001 | .010 | .001 | .052 | .010 | * | .002 | * | .168 | .081 | .009 |
| WINTER----- | .048 | .008 | .001 | .015 | * | .049 | .009 | .000 | .002 | * | .154 | .092 | .012 |
| UNDER 1,000----- | .032 | .019 | .000 | .001 | .000 | .024 | .002 | .000 | .000 | .000 | .137 | .067 | .011 |
| 1,000-1,999----- | .057 | .008 | .000 | .004 | .001 | .044 | .014 | .001 | .001 | .000 | .168 | .076 | .020 |
| 2,000-2,999----- | .047 | .012 | .000 | .007 | .000 | .041 | .008 | .000 | .002 | .000 | .183 | .086 | .011 |
| 3,000-3,999----- | .035 | .007 | .000 | .004 | * | .043 | .013 | .000 | .000 | .001 | .156 | .071 | .015 |
| 4,000-4,999----- | .041 | .008 | .000 | .010 | * | .055 | .015 | .002 | .001 | .002 | .177 | .082 | .007 |
| 5,000-5,999----- | .042 | .005 | .002 | .008 | .002 | .045 | .012 | .000 | .002 | .000 | .171 | .077 | .011 |
| 6,000-6,999----- | .035 | .006 | * | .009 | * | .044 | .009 | .000 | .002 | .000 | .171 | .079 | .006 |
| 7,000-7,999----- | .041 | .006 | .000 | .011 | * | .041 | .010 | * | .002 | .000 | .177 | .076 | .006 |
| 8,000-8,999----- | .040 | .006 | .000 | .016 | .001 | .038 | .006 | .000 | .003 | .000 | .184 | .077 | .009 |
| 9,000-9,999----- | .037 | .004 | .000 | .006 | .000 | .036 | .009 | .000 | .001 | .000 | .198 | .076 | .003 |
| 10,000-14,999----- | .056 | .005 | .001 | .019 | * | .046 | .008 | .000 | .003 | .000 | .234 | .093 | .004 |
| 15,000 AND OVER---- | .066 | .003 | .000 | .024 | .000 | .081 | .014 | .000 | .008 | .001 | .247 | .107 | .001 |

PERCENT OF HOUSEHOLDS USING IN A WEEK

| | | | | | | | | | | | | | |
|----------------|------|------|----|------|-----|------|------|----|-----|----|------|------|-----|
| ALL HOUSEHOLDS | | | | | | | | | | | | | |
| SPRING----- | 43.6 | 9.9 | .1 | 10.7 | .5 | 53.6 | 11.1 | .2 | 2.8 | .3 | 83.2 | 70.8 | 4.1 |
| SUMMER----- | 43.3 | 7.4 | .0 | 8.4 | .3 | 50.9 | 11.1 | .0 | 3.7 | .0 | 89.2 | 68.9 | 4.2 |
| FALL----- | 37.6 | 7.5 | .3 | 8.8 | 1.1 | 57.6 | 10.1 | .5 | 2.9 | .3 | 77.9 | 66.4 | 5.6 |
| WINTER----- | 41.6 | 10.4 | .8 | 12.3 | .8 | 60.8 | 10.4 | .0 | 2.5 | .5 | 81.1 | 70.1 | 8.5 |

* SEE NOTES FOLLOWING WEST, TABLE 18.

YEAR BY SEASON 1965-1966 AND BY INCOME

TABLE 15.--VEGETABLES (FRESH, PROCESSED)
--CONTINUED

NORTH CENTRAL

URBAN

| SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 (1) | OTHER * | | | | | | SOUP, MIXTURES | | | | | |
|--|------------------------|-----------------------------|------------------|-----------------------------|------------------|-------------------|------------------------|-----------------------------|------------------|-----------------------------|------------------|-------------------|
| | TOTAL * (27) | CANNED | | FROZEN | | DRIED (32) | TOTAL * (33) | CANNED | | FROZEN | | DRIED (38) |
| | | COMMER- CIAL (28) | HOME (29) | COMMER- CIAL (30) | HOME (31) | | | COMMER- CIAL (34) | HOME (35) | COMMER- CIAL (36) | HOME (37) | |
| QUANTITY PER PERSON PER WEEK (POUNDS) | | | | | | | | | | | | |
| ALL HOUSEHOLDS, YEAR- | 2.400 | .597 | .048 | .118 | .019 | .001 | .113 | .103 | .000 | .003 | .000 | .001 |
| SPRING----- | 2.298 | .631 | .038 | .126 | .012 | .002 | .105 | .095 | .000 | .003 | .000 | .001 |
| SUMMER----- | 2.907 | .469 | .032 | .087 | .018 | .001 | .100 | .086 | .000 | .003 | .000 | .002 |
| FALL----- | 2.141 | .587 | .057 | .121 | .027 | .001 | .118 | .110 | .000 | .003 | .000 | .001 |
| WINTER----- | 2.215 | .711 | .065 | .139 | .018 | .001 | .130 | .123 | .000 | .003 | .000 | .002 |
| UNDER 1,000----- | 2.398 | .755 | .066 | .063 | .000 | .003 | .082 | .081 | .000 | .000 | .000 | .001 |
| 1,000-1,999----- | 2.411 | .775 | .067 | .062 | .017 | .000 | .085 | .079 | .000 | .006 | .000 | * |
| 2,000-2,999----- | 2.427 | .687 | .017 | .112 | .005 | .001 | .117 | .117 | .000 | * | .000 | * |
| 3,000-3,999----- | 2.389 | .697 | .103 | .101 | .014 | * | .096 | .094 | .000 | .000 | .000 | * |
| 4,000-4,999----- | 2.406 | .748 | .107 | .111 | .022 | .001 | .134 | .126 | .000 | * | .000 | .001 |
| 5,000-5,999----- | 2.262 | .558 | .082 | .086 | .019 | .002 | .130 | .116 | .000 | .006 | .000 | .001 |
| 6,000-6,999----- | 2.316 | .622 | .044 | .085 | .025 | * | .108 | .101 | .000 | .001 | .000 | .001 |
| 7,000-7,999----- | 2.305 | .527 | .031 | .111 | .013 | .001 | .115 | .104 | .000 | .002 | .000 | .001 |
| 8,000-8,999----- | 2.315 | .579 | .025 | .136 | .019 | .001 | .123 | .109 | .000 | .007 | .000 | .001 |
| 9,000-9,999----- | 2.350 | .537 | .044 | .131 | .043 | * | .111 | .101 | .000 | .004 | .000 | .002 |
| 10,000-14,999----- | 2.696 | .515 | .027 | .172 | .009 | .001 | .110 | .097 | .000 | .002 | .000 | .002 |
| 15,000 AND OVER---- | 2.685 | .534 | .020 | .179 | .018 | .007 | .098 | .087 | .000 | .001 | .000 | .003 |
| MONEY VALUE PER PERSON PER WEEK (DOLLARS) | | | | | | | | | | | | |
| ALL HOUSEHOLDS, YEAR- | .480 | .122 | .012 | .045 | .007 | .001 | .034 | .027 | .000 | .002 | .000 | .002 |
| SPRING----- | .498 | .128 | .009 | .045 | .004 | .001 | .033 | .026 | .000 | .002 | .000 | .002 |
| SUMMER----- | .498 | .098 | .008 | .035 | .006 | .001 | .031 | .023 | .000 | .002 | .000 | .002 |
| FALL----- | .436 | .117 | .014 | .050 | .011 | .001 | .033 | .028 | .000 | .001 | .000 | .001 |
| WINTER----- | .484 | .148 | .016 | .054 | .007 | .001 | .037 | .030 | .000 | .002 | .000 | .002 |
| UNDER 1,000----- | .451 | .161 | .014 | .022 | .000 | .001 | .023 | .022 | .000 | .000 | .000 | .001 |
| 1,000-1,999----- | .455 | .153 | .015 | .023 | .007 | .000 | .026 | .021 | .000 | .005 | .000 | * |
| 2,000-2,999----- | .461 | .130 | .005 | .038 | .002 | .001 | .026 | .025 | .000 | * | .000 | * |
| 3,000-3,999----- | .451 | .136 | .023 | .037 | .005 | * | .024 | .023 | .000 | .000 | .000 | * |
| 4,000-4,999----- | .495 | .155 | .026 | .041 | .009 | .001 | .036 | .030 | .000 | .001 | .000 | .001 |
| 5,000-5,999----- | .441 | .113 | .020 | .032 | .008 | .001 | .039 | .031 | .000 | .004 | .000 | .001 |
| 6,000-6,999----- | .459 | .127 | .010 | .033 | .009 | * | .032 | .028 | .000 | * | .000 | .001 |
| 7,000-7,999----- | .427 | .107 | .008 | .040 | .005 | .001 | .034 | .027 | .000 | .002 | .000 | .001 |
| 8,000-8,999----- | .466 | .117 | .007 | .049 | .007 | .001 | .038 | .028 | .000 | .005 | .000 | .003 |
| 9,000-9,999----- | .478 | .117 | .011 | .051 | .013 | .001 | .036 | .025 | .000 | .003 | .000 | .004 |
| 10,000-14,999----- | .574 | .114 | .006 | .071 | .003 | .003 | .036 | .025 | .000 | .001 | .000 | .003 |
| 15,000 AND OVER---- | .625 | .114 | .007 | .083 | .006 | .004 | .031 | .023 | .000 | .001 | .000 | .005 |
| PERCENT OF HOUSEHOLDS USING IN A WEEK | | | | | | | | | | | | |
| ALL HOUSEHOLDS | | | | | | | | | | | | |
| SPRING----- | 98.1 | 74.1 | 6.3 | 28.8 | 2.3 | 4.3 | 28.6 | 24.0 | .0 | 1.2 | .0 | 3.5 |
| SUMMER----- | 98.7 | 63.6 | 6.6 | 22.7 | 1.8 | 6.1 | 27.2 | 21.4 | .0 | 1.1 | .0 | 2.6 |
| FALL----- | 97.9 | 66.1 | 9.3 | 32.3 | 3.7 | 6.4 | 31.2 | 27.7 | .0 | 1.6 | .0 | 2.4 |
| WINTER----- | 99.2 | 81.1 | 11.5 | 32.9 | 4.1 | 4.9 | 34.8 | 30.7 | .0 | 1.1 | .0 | 4.1 |

* SEE NOTES FOLLOWING WEST, TABLE 18.

| SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 | ALL VEGETABLES | | | | | | POTATOES * | | | | | |
|---|----------------|-----------------|------|-----------------|------|-------|--|-----------------|------|-----------------|------|-------|
| | TOTAL † | CANNED | | FROZEN | | DRIED | TOTAL (FRESH EQUIV- ALENT) † | CANNED | | FROZEN | | DRIED |
| | | COMMER- CIAL | HOME | COMMER- CIAL | HOME | | | COMMER- CIAL | HOME | COMMER- CIAL | HOME | |
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) | (13) |

QUANTITY PER PERSON PER WEEK (POUNDS)

| | | | | | | | | | | | | |
|-----------------------|-------|-------|-------|------|------|------|-------|------|------|------|------|------|
| ALL HOUSEHOLDS, YEAR- | 6.054 | 1.101 | .337 | .184 | .102 | .015 | 2.556 | .013 | .000 | .044 | .000 | .012 |
| SPRING----- | 5.693 | 1.075 | .431 | .206 | .088 | .018 | 2.522 | .010 | .000 | .058 | .000 | .013 |
| SUMMER----- | 7.121 | .780 | .168 | .177 | .058 | .009 | 2.393 | .003 | .000 | .033 | .000 | .004 |
| FALL----- | 5.696 | 1.168 | .473 | .185 | .109 | .012 | 2.493 | .038 | .000 | .020 | .000 | .011 |
| WINTER----- | 5.637 | 1.391 | .301 | .167 | .155 | .019 | 2.808 | .006 | .000 | .063 | .000 | .018 |
| UNDER 1,000----- | 5.546 | 1.088 | .222 | .077 | .010 | .000 | 1.882 | .023 | .000 | .021 | .000 | .000 |
| 1,000-1,999----- | 6.893 | .733 | 1.029 | .036 | .041 | .002 | 2.299 | .000 | .000 | .019 | .000 | .002 |
| 2,000-2,999----- | 6.265 | .716 | .610 | .055 | .137 | .018 | 2.356 | .000 | .000 | .003 | .000 | .017 |
| 3,000-3,999----- | 6.335 | 1.179 | .581 | .064 | .120 | .009 | 2.877 | .015 | .000 | .006 | .000 | .005 |
| 4,000-4,999----- | 5.916 | 1.143 | .236 | .156 | .056 | .011 | 2.739 | .010 | .000 | .030 | .000 | .005 |
| 5,000-5,999----- | 6.348 | 1.178 | .324 | .145 | .087 | .014 | 2.694 | .004 | .000 | .026 | .000 | .008 |
| 6,000-6,999----- | 5.999 | 1.305 | .244 | .185 | .113 | .027 | 2.618 | .009 | .000 | .039 | .000 | .023 |
| 7,000-9,999----- | 6.068 | 1.123 | .234 | .333 | .148 | .016 | 2.577 | .015 | .000 | .096 | .000 | .014 |
| 10,000 AND OVER---- | 5.390 | 1.140 | .319 | .203 | .054 | .020 | 2.308 | .062 | .000 | .078 | .000 | .017 |

MONEY VALUE PER PERSON PER WEEK (DOLLARS)

| | | | | | | | | | | | | |
|-----------------------|-------|------|------|------|------|------|------|------|------|------|------|------|
| ALL HOUSEHOLDS, YEAR- | 1.069 | .225 | .073 | .066 | .036 | .013 | .240 | .003 | .000 | .011 | .000 | .008 |
| SPRING----- | 1.133 | .218 | .095 | .074 | .031 | .012 | .287 | .003 | .000 | .014 | .000 | .008 |
| SUMMER----- | 1.279 | .167 | .039 | .071 | .021 | .014 | .261 | .001 | .000 | .008 | .000 | .003 |
| FALL----- | .937 | .241 | .099 | .066 | .039 | .011 | .195 | .006 | .000 | .006 | .000 | .009 |
| WINTER----- | .908 | .278 | .065 | .052 | .052 | .015 | .211 | .001 | .000 | .015 | .000 | .012 |
| UNDER 1,000----- | .917 | .207 | .045 | .025 | .003 | .000 | .175 | .001 | .000 | .006 | .000 | .000 |
| 1,000-1,999----- | 1.154 | .161 | .215 | .014 | .015 | .003 | .188 | .000 | .000 | .006 | .000 | .002 |
| 2,000-2,999----- | 1.062 | .142 | .139 | .019 | .046 | .011 | .200 | .000 | .000 | .001 | .000 | .009 |
| 3,000-3,999----- | 1.031 | .231 | .126 | .027 | .041 | .007 | .226 | .005 | .000 | .002 | .000 | .005 |
| 4,000-4,999----- | 1.010 | .229 | .057 | .053 | .020 | .007 | .263 | .003 | .000 | .007 | .000 | .005 |
| 5,000-5,999----- | 1.058 | .245 | .072 | .051 | .030 | .018 | .228 | .001 | .000 | .006 | .000 | .004 |
| 6,000-6,999----- | 1.139 | .285 | .053 | .076 | .037 | .024 | .270 | .002 | .000 | .009 | .000 | .017 |
| 7,000-9,999----- | 1.143 | .223 | .047 | .119 | .053 | .012 | .264 | .003 | .000 | .024 | .000 | .010 |
| 10,000 AND OVER---- | .984 | .236 | .069 | .069 | .020 | .018 | .223 | .007 | .000 | .021 | .000 | .013 |

PERCENT OF HOUSEHOLDS USING IN A WEEK

| | | | | | | | | | | | | |
|----------------|-------|------|------|------|------|------|------|-----|----|------|----|-----|
| ALL HOUSEHOLDS | | | | | | | | | | | | |
| SPRING----- | 100.0 | 86.5 | 34.9 | 36.1 | 14.5 | 12.0 | 95.3 | 3.2 | .0 | 12.0 | .0 | 6.1 |
| SUMMER----- | 100.0 | 81.7 | 28.8 | 29.4 | 8.5 | 7.2 | 96.7 | 1.3 | .0 | 6.5 | .0 | 2.6 |
| FALL----- | 100.0 | 80.9 | 38.2 | 30.5 | 13.0 | 6.9 | 95.4 | 4.6 | .0 | 6.1 | .0 | 4.6 |
| WINTER----- | 99.3 | 89.1 | 31.2 | 34.8 | 19.6 | 13.8 | 97.1 | 2.9 | .0 | 15.2 | .0 | 7.2 |

* SEE NOTES FOLLOWING WEST, TABLE 18.

YEAR BY SEASON 1965-1966 AND BY INCOME

TABLE 15.--VEGETABLES (FRESH, PROCESSED)
--CONTINUED

NORTH CENTRAL

RURAL NONFARM

| SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 (1) | DARK GREEN ‡ | | | | | DEEP YELLOW ‡ | | | | | TOMATOES ‡ | | |
|--|--------------|-----------------|------|-----------------|------|---------------|-----------------|------|-----------------|------|------------|-----------------|------|
| | TOTAL ‡ | CANNED | | FROZEN | | TOTAL ‡ | CANNED | | FROZEN | | TOTAL ‡ | CANNED | |
| | | COMMER- CIAL | HOME | COMMER- CIAL | HOME | | COMMER- CIAL | HOME | COMMER- CIAL | HOME | | COMMER- CIAL | HOME |
| | (14) | (15) | (16) | (17) | (18) | (19) | (20) | (21) | (22) | (23) | (24) | (25) | (26) |

QUANTITY PER PERSON PER WEEK (POUNDS)

| | | | | | | | | | | | | | |
|---------------------------|------|------|------|------|------|------|------|------|------|------|-------|------|------|
| ALL HOUSEHOLDS, YEAR----- | .080 | .021 | .003 | .020 | .002 | .303 | .059 | .009 | .003 | .005 | .861 | .366 | .135 |
| SPRING----- | .091 | .027 | .009 | .017 | .005 | .252 | .039 | .021 | .007 | .004 | .781 | .378 | .170 |
| SUMMER----- | .105 | .015 | .000 | .017 | .001 | .235 | .056 | .000 | .000 | .004 | 1.257 | .267 | .060 |
| FALL----- | .068 | .019 | .005 | .025 | .003 | .465 | .071 | .015 | .006 | .009 | .689 | .333 | .203 |
| WINTER----- | .056 | .023 | .000 | .021 | * | .280 | .071 | .000 | .000 | .003 | .687 | .483 | .118 |
| UNDER 1,000----- | .074 | .046 | .000 | .022 | .000 | .092 | .000 | .000 | .000 | .010 | .542 | .130 | .025 |
| 1,000-1,999----- | .099 | .026 | .027 | .003 | .000 | .332 | .010 | .050 | .001 | .000 | 1.322 | .222 | .458 |
| 2,000-2,999----- | .076 | .023 | .015 | .007 | .004 | .346 | .056 | .017 | .004 | .000 | .816 | .265 | .119 |
| 3,000-3,999----- | .068 | .016 | .008 | .003 | .008 | .273 | .098 | .022 | .002 | .000 | .767 | .320 | .135 |
| 4,000-4,999----- | .094 | .044 | .000 | .018 | .001 | .232 | .029 | .007 | .008 | .000 | .822 | .376 | .079 |
| 5,000-5,999----- | .055 | .012 | .000 | .012 | * | .272 | .053 | .003 | .002 | .008 | .942 | .417 | .124 |
| 6,000-6,999----- | .113 | .021 | .004 | .037 | * | .358 | .099 | .001 | .000 | .001 | .833 | .416 | .127 |
| 7,000-9,999----- | .100 | .022 | .000 | .035 | .004 | .324 | .072 | .005 | .005 | .000 | .866 | .430 | .133 |
| 10,000 AND OVER---- | .052 | .009 | .002 | .014 | .001 | .384 | .054 | .013 | .001 | .006 | .775 | .367 | .181 |

MONEY VALUE PER PERSON PER WEEK (DOLLARS)

| | | | | | | | | | | | | | |
|---------------------------|------|------|------|------|------|------|------|------|------|------|------|------|------|
| ALL HOUSEHOLDS, YEAR----- | .029 | .004 | .001 | .008 | .001 | .050 | .012 | .002 | .001 | .002 | .175 | .069 | .023 |
| SPRING----- | .028 | .004 | .004 | .007 | .002 | .046 | .010 | .004 | .002 | .001 | .161 | .070 | .030 |
| SUMMER----- | .045 | .004 | .000 | .007 | * | .041 | .009 | .000 | .000 | .001 | .270 | .057 | .010 |
| FALL----- | .021 | .004 | .001 | .010 | .001 | .070 | .014 | .003 | .002 | .003 | .136 | .059 | .035 |
| WINTER----- | .020 | .004 | .000 | .009 | * | .046 | .016 | .000 | .000 | .001 | .128 | .067 | .019 |
| UNDER 1,000----- | .021 | .011 | .000 | .007 | .000 | .014 | .000 | .000 | .000 | .003 | .093 | .021 | .003 |
| 1,000-1,999----- | .022 | .004 | .004 | .001 | .000 | .054 | .003 | .009 | .001 | .000 | .272 | .048 | .080 |
| 2,000-2,999----- | .022 | .005 | .002 | .003 | .001 | .061 | .012 | .004 | .002 | .000 | .168 | .049 | .020 |
| 3,000-3,999----- | .018 | .003 | .001 | .001 | .002 | .058 | .027 | .004 | .001 | .000 | .149 | .057 | .022 |
| 4,000-4,999----- | .031 | .008 | .000 | .007 | .001 | .035 | .005 | .002 | .002 | .000 | .173 | .072 | .015 |
| 5,000-5,999----- | .021 | .003 | .000 | .005 | * | .044 | .012 | .001 | * | .003 | .190 | .079 | .022 |
| 6,000-6,999----- | .045 | .004 | .004 | .017 | * | .060 | .019 | * | .000 | * | .171 | .082 | .021 |
| 7,000-9,999----- | .036 | .005 | .000 | .014 | .001 | .053 | .014 | .001 | .001 | .000 | .175 | .077 | .022 |
| 10,000 AND OVER---- | .023 | .001 | .002 | .005 | * | .054 | .011 | .003 | .001 | .001 | .159 | .058 | .031 |

PERCENT OF HOUSEHOLDS USING IN A WEEK

| | | | | | | | | | | | | | |
|----------------|------|-----|-----|-----|-----|------|------|-----|-----|-----|------|------|------|
| ALL HOUSEHOLDS | | | | | | | | | | | | | |
| SPRING----- | 29.5 | 7.1 | 2.0 | 6.9 | 2.2 | 55.5 | 12.5 | 3.7 | 2.5 | .7 | 83.3 | 67.6 | 17.2 |
| SUMMER----- | 36.5 | 7.8 | .0 | 5.9 | 1.3 | 50.3 | 11.1 | .0 | .0 | .7 | 92.8 | 68.0 | 9.2 |
| FALL----- | 25.2 | 6.9 | 1.5 | 7.6 | .3 | 67.9 | 14.5 | 3.1 | 2.3 | 1.5 | 73.3 | 58.0 | 17.1 |
| WINTER----- | 24.4 | 3.3 | .7 | 7.4 | .7 | 34.3 | 15.7 | .0 | .0 | .7 | 81.9 | 73.2 | 15.7 |

TABLE 15.--VEGETABLES (FRESH, PROCESSED)
--CONTINUED

NORTH CENTRAL

RURAL NONFARM

| SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 | OTHER * | | | | | | SOUP, MIXTURES | | | | | |
|---|------------|-----------------|------|-----------------|------|-------|----------------|-----------------|------|-----------------|------|-------|
| | TOTAL * | CANNED | | FROZEN | | DRIED | TOTAL * | CANNED | | FROZEN | | DRIED |
| | | COMMER- CIAL | HOME | COMMER- CIAL | HOME | | | COMMER- CIAL | HOME | COMMER- CIAL | HOME | |
| (1) | (27) | (28) | (29) | (30) | (31) | (32) | (33) | (34) | (35) | (36) | (37) | (38) |
| QUANTITY PER PERSON PER WEEK (POUNDS) | | | | | | | | | | | | |
| ALL HOUSEHOLDS, YEAR-- | 2.563 | .541 | .191 | .112 | .093 | .002 | .112 | .101 | .000 | .005 | .000 | .001 |
| SPRING----- | 2.427 | .538 | .231 | .121 | .078 | .004 | .091 | .083 | .000 | .004 | .000 | .001 |
| SUMMER----- | 3.369 | .350 | .108 | .113 | .053 | .004 | .108 | .089 | .000 | .014 | .000 | .002 |
| FALL----- | 2.231 | .612 | .250 | .133 | .097 | * | .106 | .095 | .000 | .000 | .000 | .001 |
| WINTER----- | 2.170 | .675 | .183 | .082 | .145 | .001 | .142 | .133 | .000 | .001 | .000 | .001 |
| UNDER 1,000----- | 2.957 | .732 | .197 | .034 | .000 | .000 | .157 | .157 | .000 | .000 | .000 | .000 |
| 1,000-1,999----- | 2.852 | .388 | .495 | .013 | .041 | .000 | .086 | .086 | .000 | .000 | .000 | * |
| 2,000-2,999----- | 2.778 | .290 | .459 | .040 | .133 | .000 | .106 | .081 | .000 | .000 | .000 | .001 |
| 3,000-3,999----- | 2.521 | .678 | .416 | .053 | .112 | .002 | .053 | .052 | .000 | .000 | .000 | .001 |
| 4,000-4,999----- | 2.455 | .601 | .150 | .090 | .054 | .004 | .101 | .082 | .000 | .009 | .000 | .001 |
| 5,000-5,999----- | 2.587 | .557 | .197 | .101 | .073 | .004 | .148 | .134 | .000 | .004 | .000 | .001 |
| 6,000-6,999----- | 2.472 | .600 | .111 | .097 | .108 | .001 | .176 | .161 | .000 | .013 | .000 | .002 |
| 7,000-9,999----- | 2.661 | .505 | .096 | .192 | .141 | .002 | .087 | .079 | .000 | .006 | .000 | * |
| 10,000 AND OVER---- | 2.231 | .614 | .123 | .104 | .048 | .001 | .109 | .094 | .000 | .006 | .000 | .001 |
| MONEY-VALUE PER PERSON PER WEEK (DOLLARS) | | | | | | | | | | | | |
| ALL HOUSEHOLDS, YEAR-- | .539 | .110 | .047 | .042 | .033 | .003 | .035 | .028 | .000 | .004 | .000 | .002 |
| SPRING----- | .581 | .106 | .057 | .048 | .028 | .001 | .030 | .024 | .000 | .003 | .000 | .002 |
| SUMMER----- | .621 | .071 | .029 | .044 | .019 | .009 | .040 | .026 | .000 | .011 | .000 | .002 |
| FALL----- | .482 | .130 | .061 | .049 | .035 | .001 | .033 | .028 | .000 | .000 | .000 | .001 |
| WINTER----- | .467 | .137 | .045 | .028 | .050 | .001 | .037 | .032 | .000 | * | .000 | .001 |
| UNDER 1,000----- | .573 | .133 | .042 | .012 | .000 | .000 | .041 | .041 | .000 | .000 | .000 | .000 |
| 1,000-1,999----- | .593 | .083 | .121 | .006 | .015 | .000 | .023 | .023 | .000 | .000 | .000 | .001 |
| 2,000-2,999----- | .582 | .057 | .113 | .014 | .044 | .000 | .028 | .019 | .000 | .000 | .000 | .002 |
| 3,000-3,999----- | .565 | .127 | .099 | .023 | .039 | * | .014 | .013 | .000 | .000 | .000 | .001 |
| 4,000-4,999----- | .475 | .119 | .041 | .031 | .019 | .001 | .032 | .022 | .000 | .006 | .000 | .001 |
| 5,000-5,999----- | .528 | .114 | .049 | .037 | .026 | .011 | .045 | .036 | .000 | .003 | .000 | .001 |
| 6,000-6,999----- | .531 | .130 | .028 | .040 | .036 | .002 | .063 | .048 | .000 | .010 | .000 | .005 |
| 7,000-9,999----- | .587 | .101 | .024 | .075 | .051 | .001 | .029 | .023 | .000 | .005 | .000 | .001 |
| 10,000 AND OVER---- | .491 | .135 | .034 | .040 | .018 | .001 | .034 | .024 | .000 | .002 | .000 | .002 |

SOURCE: U.S. DEPARTMENT OF AGRICULTURE, BUREAU OF ECONOMIC ANALYSIS

ALL HOUSEHOLDS

TABLE 15.--VEGETABLES (FRESH, PROCESSED)
ALL SOURCES

NORTH CENTRAL

RURAL FARM

| SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 | ALL VEGETABLES | | | | | | POTATOES † | | | | | |
|---|----------------|-----------------|------|-----------------|------|-------|--|-----------------|------|-----------------|------|-------|
| | TOTAL ‡ | CANNED | | FROZEN | | DRIED | TOTAL (FRESH EQUIV- ALENT) ‡ | CANNED | | FROZEN | | DRIED |
| | | COMMER- CIAL | HOME | COMMER- CIAL | HOME | | | COMMER- CIAL | HOME | COMMER- CIAL | HOME | |
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) | (13) |

QUANTITY PER PERSON PER WEEK (POUNDS)

| | | | | | | | | | | | | |
|-----------------------|-------|------|-------|------|------|------|-------|------|------|------|------|------|
| ALL HOUSEHOLDS, YEAR- | 7.131 | .754 | .786 | .104 | .277 | .014 | 2.952 | .005 | * | .025 | * | .013 |
| SPRING----- | 6.021 | .902 | .686 | .129 | .265 | .020 | 2.869 | .006 | * | .025 | .002 | .016 |
| SUMMER----- | 9.196 | .477 | .589 | .090 | .237 | .012 | 3.007 | .003 | .000 | .023 | .000 | .011 |
| FALL----- | 6.464 | .733 | .906 | .089 | .326 | .003 | 2.921 | .005 | .000 | .027 | .000 | .002 |
| WINTER----- | 6.349 | .991 | 1.079 | .108 | .294 | .023 | 3.020 | .007 | .000 | .027 | .000 | .022 |
| UNDER 1,000----- | 7.936 | .572 | .822 | .069 | .136 | .008 | 3.336 | .000 | .000 | .033 | .000 | .008 |
| 1,000-1,999----- | 7.150 | .484 | 1.163 | .033 | .291 | .009 | 2.964 | .000 | .001 | .003 | .000 | .008 |
| 2,000-2,999----- | 7.298 | .645 | .941 | .075 | .252 | .008 | 2.933 | .000 | .000 | .019 | .004 | .007 |
| 3,000-3,999----- | 6.860 | .687 | .748 | .049 | .253 | .018 | 3.038 | .002 | .000 | .011 | .000 | .016 |
| 4,000-4,999----- | 7.203 | .805 | .750 | .097 | .254 | .026 | 2.891 | .008 | .000 | .019 | .000 | .023 |
| 5,000-5,999----- | 6.662 | .825 | .792 | .086 | .267 | .021 | 2.600 | .006 | .000 | .015 | .000 | .019 |
| 6,000-6,999----- | 6.858 | .790 | .722 | .099 | .330 | .021 | 2.940 | .010 | .000 | .016 | .000 | .020 |
| 7,000-9,999----- | 7.484 | .842 | .834 | .171 | .372 | .010 | 2.964 | .008 | .000 | .050 | .000 | .009 |
| 10,000 AND OVER---- | 6.912 | .885 | .487 | .209 | .267 | .008 | 3.050 | .005 | .000 | .066 | .000 | .006 |

MONEY VALUE PER PERSON PER WEEK (DOLLARS)

| | | | | | | | | | | | | |
|-----------------------|-------|------|------|------|------|------|------|------|------|------|------|------|
| ALL HOUSEHOLDS, YEAR- | 1.201 | .156 | .169 | .032 | .094 | .010 | .251 | .001 | * | .006 | * | .008 |
| SPRING----- | 1.103 | .183 | .147 | .040 | .084 | .012 | .285 | .002 | * | .006 | * | .010 |
| SUMMER----- | 1.608 | .107 | .126 | .031 | .084 | .011 | .310 | .001 | .000 | .006 | .000 | .009 |
| FALL----- | .976 | .154 | .200 | .025 | .113 | .004 | .174 | .001 | .000 | .006 | .000 | .001 |
| WINTER----- | .987 | .196 | .228 | .031 | .100 | .013 | .208 | .001 | .000 | .006 | .000 | .012 |
| UNDER 1,000----- | 1.234 | .114 | .180 | .015 | .048 | .010 | .284 | .000 | .000 | .007 | .000 | .005 |
| 1,000-1,999----- | 1.135 | .100 | .246 | .010 | .094 | .007 | .228 | .000 | * | .001 | .000 | .006 |
| 2,000-2,999----- | 1.201 | .125 | .218 | .022 | .083 | .005 | .240 | .000 | .000 | .005 | .001 | .004 |
| 3,000-3,999----- | 1.118 | .151 | .152 | .013 | .086 | .015 | .255 | * | .000 | .002 | .000 | .013 |
| 4,000-4,999----- | 1.252 | .168 | .166 | .025 | .086 | .011 | .250 | .002 | .000 | .004 | .000 | .009 |
| 5,000-5,999----- | 1.144 | .172 | .173 | .026 | .092 | .015 | .220 | .001 | .000 | .003 | .000 | .010 |
| 6,000-6,999----- | 1.177 | .162 | .149 | .039 | .110 | .015 | .241 | .002 | .000 | .005 | .000 | .013 |
| 7,000-9,999----- | 1.363 | .175 | .174 | .053 | .131 | .008 | .273 | .001 | .000 | .012 | .000 | .007 |
| 10,000 AND OVER---- | 1.129 | .178 | .103 | .066 | .089 | .009 | .259 | .002 | .000 | .016 | .000 | .004 |

PERCENT OF HOUSEHOLDS USING IN A WEEK

| | | | | | | | | | | | | |
|----------------|------|------|------|------|------|------|------|-----|-----|-----|-----|-----|
| ALL HOUSEHOLDS | 75.7 | 81.4 | 52.5 | 25.1 | 17.1 | 10.7 | 87.8 | 8.9 | 1.1 | 9.7 | 1.1 | 1.1 |
| SPRING----- | 75.7 | 81.4 | 52.5 | 25.1 | 17.1 | 10.7 | 87.8 | 8.9 | 1.1 | 9.7 | 1.1 | 1.1 |
| SUMMER----- | 75.7 | 81.4 | 52.5 | 25.1 | 17.1 | 10.7 | 87.8 | 8.9 | 1.1 | 9.7 | 1.1 | 1.1 |
| FALL----- | 75.7 | 81.4 | 52.5 | 25.1 | 17.1 | 10.7 | 87.8 | 8.9 | 1.1 | 9.7 | 1.1 | 1.1 |
| WINTER----- | 75.7 | 81.4 | 52.5 | 25.1 | 17.1 | 10.7 | 87.8 | 8.9 | 1.1 | 9.7 | 1.1 | 1.1 |

TABLE 15.--VEGETABLES (FRESH, PROCESSED)
--CONTINUED ALL SOURCES

NORTH CENTRAL

RURAL FARM

| SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 (1) | DARK GREEN ‡ | | | | | DEEP YELLOW ‡ | | | | | TOMATOES ‡ | | |
|--|------------------------|-----------------------------|-------------------|-------------------------|--------------|------------------------|-------------------------|--------------|-------------------------|--------------|------------------------|-------------------------|--------------|
| | TOTAL ‡ (14) | CANNED | | FROZEN | | TOTAL ‡ (19) | CANNED | | FROZEN | | TOTAL ‡ (24) | CANNED | |
| | | COMMER- CIAL (15) | HOME · (16) | COMMER- CIAL (17) | HOME (18) | | COMMER- CIAL (20) | HOME (21) | COMMER- CIAL (22) | HOME (23) | | COMMER- CIAL (25) | HOME (26) |

QUANTITY PER PERSON PER WEEK (POUNDS)

| | | | | | | | | | | | | | |
|-----------------------|------|------|------|------|------|------|------|------|------|------|-------|------|------|
| ALL HOUSEHOLDS, YEAR- | .095 | .015 | .011 | .009 | .005 | .359 | .039 | .014 | .005 | .008 | 1.081 | .280 | .285 |
| SPRING----- | .101 | .025 | .009 | .016 | .007 | .260 | .051 | .007 | .005 | .010 | .668 | .322 | .239 |
| SUMMER----- | .152 | .013 | .009 | .004 | .002 | .285 | .031 | .012 | .011 | .011 | 1.857 | .206 | .223 |
| FALL----- | .052 | .008 | .007 | .007 | .004 | .514 | .046 | .019 | .000 | .005 | .793 | .252 | .308 |
| WINTER----- | .053 | .013 | .019 | .012 | .004 | .421 | .026 | .022 | .001 | .005 | .833 | .366 | .414 |
| UNDER 1,000----- | .150 | .019 | .018 | .009 | .008 | .436 | .010 | .014 | .000 | .003 | .855 | .243 | .214 |
| 1,000-1,999----- | .098 | .010 | .024 | .002 | .004 | .368 | .019 | .005 | .002 | .012 | 1.026 | .138 | .384 |
| 2,000-2,999----- | .072 | .016 | .015 | .003 | .002 | .407 | .027 | .009 | .002 | .001 | 1.139 | .242 | .241 |
| 3,000-3,999----- | .112 | .011 | .020 | .001 | .005 | .285 | .015 | .000 | .002 | .009 | 1.084 | .270 | .239 |
| 4,000-4,999----- | .090 | .014 | .009 | .005 | .007 | .299 | .036 | .025 | .001 | .009 | 1.272 | .327 | .220 |
| 5,000-5,999----- | .052 | .008 | .002 | .004 | .002 | .394 | .053 | .019 | .004 | .006 | .996 | .275 | .294 |
| 6,000-6,999----- | .119 | .014 | .011 | .020 | .006 | .374 | .072 | .013 | .002 | .014 | 1.059 | .238 | .368 |
| 7,000-9,999----- | .144 | .022 | .015 | .018 | .005 | .347 | .052 | .025 | .002 | .018 | 1.182 | .321 | .345 |
| 10,000 AND OVER--- | .068 | .021 | .002 | .013 | .002 | .382 | .054 | .012 | .031 | .007 | 1.118 | .381 | .210 |

MONEY VALUE PER PERSON PER WEEK (DOLLARS)

| | | | | | | | | | | | | | |
|-----------------------|------|------|------|------|------|------|------|------|------|------|------|------|------|
| ALL HOUSEHOLDS, YEAR- | .031 | .003 | .003 | .003 | .002 | .055 | .008 | .003 | .002 | .003 | .228 | .057 | .049 |
| SPRING----- | .027 | .005 | .002 | .006 | .003 | .045 | .011 | .002 | .001 | .003 | .138 | .063 | .044 |
| SUMMER----- | .052 | .003 | .002 | .001 | .001 | .051 | .008 | .002 | .004 | .004 | .401 | .046 | .038 |
| FALL----- | .023 | .002 | .004 | .002 | .002 | .066 | .007 | .003 | .000 | .001 | .180 | .053 | .054 |
| WINTER----- | .015 | .002 | .004 | .005 | .002 | .063 | .005 | .004 | * | .002 | .151 | .068 | .069 |
| UNDER 1,000----- | .047 | .003 | .003 | .003 | .003 | .064 | .002 | .002 | .000 | .001 | .178 | .047 | .039 |
| 1,000-1,999----- | .026 | .002 | .005 | .001 | .002 | .051 | .004 | .001 | .001 | .003 | .212 | .030 | .068 |
| 2,000-2,999----- | .021 | .003 | .005 | .001 | .001 | .059 | .004 | .002 | * | * | .251 | .047 | .043 |
| 3,000-3,999----- | .036 | .002 | .003 | * | .002 | .042 | .003 | .000 | .001 | .002 | .231 | .056 | .049 |
| 4,000-4,999----- | .028 | .002 | .002 | .002 | .002 | .047 | .007 | .005 | * | .003 | .283 | .066 | .040 |
| 5,000-5,999----- | .019 | .002 | * | .002 | .001 | .057 | .010 | .003 | .001 | .002 | .212 | .055 | .052 |
| 6,000-6,999----- | .046 | .004 | .006 | .008 | .002 | .059 | .013 | .003 | .001 | .005 | .226 | .051 | .063 |
| 7,000-9,999----- | .052 | .005 | .003 | .006 | .002 | .058 | .012 | .005 | * | .006 | .248 | .066 | .056 |
| 10,000 AND OVER--- | .019 | .003 | .001 | .004 | .001 | .066 | .011 | .002 | .011 | .002 | .214 | .076 | .036 |

PERCENT OF HOUSEHOLDS USING IN A WEEK

| | | | | | | | | | | | | | |
|----------------|------|-----|-----|-----|-----|------|------|-----|-----|-----|------|------|------|
| ALL HOUSEHOLDS | | | | | | | | | | | | | |
| SPRING----- | 29.0 | 7.8 | 1.6 | 6.6 | 3.8 | 57.9 | 12.8 | 2.2 | 1.1 | 3.1 | 85.0 | 72.8 | 29.6 |
| SUMMER----- | 33.2 | 6.6 | 2.1 | .8 | 1.2 | 51.9 | 7.1 | 2.9 | .8 | 3.7 | 94.6 | 63.9 | 27.0 |
| FALL----- | 22.2 | 2.7 | 1.9 | 3.1 | 3.5 | 72.0 | 10.9 | 3.5 | .0 | 1.6 | 82.5 | 66.1 | 30.7 |
| WINTER----- | 19.4 | 4.3 | 2.8 | 5.7 | 3.3 | 64.9 | 8.1 | 3.8 | .5 | 1.9 | 84.4 | 64.5 | 39.3 |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 15.--VEGETABLES (FRESH, PROCESSED)
--CONTINUED ALL SOURCES

NORTH CENTRAL

RURAL FA

| SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 (1) | OTHER * | | | | | | SOUP, MIXTURES | | | | | |
|--|------------------------|-----------------------------|------------------|-----------------------------|------------------|-------------------|------------------------|-----------------------------|------------------|-----------------------------|------------------|-------------------|
| | TOTAL * (27) | CANNED | | FROZEN | | DRIED (32) | TOTAL * (33) | CANNED | | FROZEN | | DRIED (38) |
| | | COMMER- CIAL (28) | HOME (29) | COMMER- CIAL (30) | HOME (31) | | | COMMER- CIAL (34) | HOME (35) | COMMER- CIAL (36) | HOME (37) | |
| QUANTITY PER PERSON PER WEEK (POUNDS) | | | | | | | | | | | | |
| ALL HOUSEHOLDS, YEAR-- | 2.936 | .353 | .476 | .062 | .255 | .001 | .069 | .062 | .001 | .002 | .002 | * |
| SPRING----- | 2.453 | .438 | .431 | .080 | .238 | .003 | .065 | .060 | .000 | .003 | .000 | .001 |
| SUMMER----- | 4.237 | .178 | .345 | .049 | .215 | .001 | .051 | .046 | .000 | .002 | .002 | * |
| FALL----- | 2.360 | .346 | .572 | .053 | .305 | * | .082 | .074 | .000 | .002 | .005 | .001 |
| WINTER----- | 2.328 | .505 | .620 | .068 | .278 | * | .086 | .074 | .003 | .001 | .000 | .000 |
| UNDER 1,000----- | 3.416 | .267 | .576 | .027 | .125 | .000 | .033 | .033 | .000 | .000 | .000 | .000 |
| 1,000-1,999----- | 2.797 | .259 | .749 | .025 | .274 | .001 | .062 | .057 | .000 | .001 | .000 | .001 |
| 2,000-2,999----- | 2.954 | .331 | .670 | .049 | .243 | .001 | .036 | .028 | .006 | .002 | .000 | * |
| 3,000-3,999----- | 2.548 | .314 | .439 | .034 | .240 | .002 | .076 | .075 | .000 | .000 | .000 | * |
| 4,000-4,999----- | 2.983 | .350 | .496 | .072 | .227 | .003 | .086 | .070 | .000 | .000 | .000 | .001 |
| 5,000-5,999----- | 2.933 | .418 | .477 | .061 | .233 | .001 | .076 | .066 | .000 | .002 | .008 | * |
| 6,000-6,999----- | 2.689 | .402 | .331 | .053 | .306 | .001 | .061 | .054 | .000 | .007 | .000 | .000 |
| 7,000-9,999----- | 3.234 | .381 | .449 | .094 | .346 | .001 | .068 | .059 | .000 | .008 | .000 | * |
| 10,000 AND OVER---- | 2.677 | .341 | .263 | .099 | .243 | * | .085 | .084 | .000 | .000 | .000 | .001 |
| MONEY VALUE PER PERSON PER WEEK (DOLLARS) | | | | | | | | | | | | |
| ALL HOUSEHOLDS, YEAR-- | .615 | .071 | .114 | .020 | .088 | .001 | .020 | .016 | * | .001 | * | .001 |
| SPRING----- | .590 | .088 | .099 | .025 | .076 | .001 | .019 | .016 | .000 | .002 | .000 | .001 |
| SUMMER----- | .779 | .038 | .084 | .018 | .077 | .002 | .015 | .012 | .000 | .002 | .001 | * |
| FALL----- | .509 | .070 | .139 | .016 | .108 | * | .024 | .020 | .000 | .001 | .001 | .001 |
| WINTER----- | .527 | .099 | .150 | .019 | .095 | .001 | .023 | .019 | .001 | .001 | .000 | .000 |
| UNDER 1,000----- | .652 | .053 | .136 | .006 | .044 | .000 | .008 | .008 | .000 | .000 | .000 | .000 |
| 1,000-1,999----- | .601 | .050 | .172 | .007 | .089 | * | .017 | .015 | .000 | .001 | .000 | .001 |
| 2,000-2,999----- | .619 | .063 | .166 | .014 | .081 | * | .011 | .007 | .001 | .002 | .000 | .001 |
| 3,000-3,999----- | .532 | .067 | .100 | .010 | .082 | .001 | .022 | .022 | .000 | .000 | .000 | * |
| 4,000-4,999----- | .618 | .070 | .119 | .019 | .079 | .001 | .026 | .021 | .000 | .000 | .000 | .001 |
| 5,000-5,999----- | .613 | .087 | .117 | .019 | .084 | .003 | .021 | .017 | .000 | .001 | .002 | .001 |
| 6,000-6,999----- | .586 | .078 | .077 | .020 | .103 | .001 | .020 | .014 | .000 | .005 | .000 | .000 |
| 7,000-9,999----- | .713 | .076 | .110 | .030 | .122 | .001 | .019 | .015 | .000 | .004 | .000 | * |
| 10,000 AND OVER---- | .547 | .064 | .065 | .035 | .084 | .001 | .024 | .022 | .000 | .000 | .000 | .003 |
| PERCENT OF HOUSEHOLDS USING IN A WEEK | | | | | | | | | | | | |
| ALL HOUSEHOLDS | | | | | | | | | | | | |
| SPRING----- | 98.6 | 60.9 | 52.4 | 19.7 | 36.3 | 2.5 | 21.6 | 19.1 | .0 | 1.4 | .0 | 1.7 |
| SUMMER----- | 99.2 | 40.7 | 47.7 | 12.4 | 23.2 | 3.3 | 15.4 | 13.3 | .0 | 1.2 | .4 | .8 |
| FALL----- | 97.7 | 47.1 | 56.0 | 16.0 | 46.7 | 1.6 | 21.8 | 19.5 | .0 | .4 | .4 | 1.9 |
| WINTER----- | 96.7 | 57.3 | 57.8 | 17.5 | 38.4 | 1.4 | 21.3 | 19.9 | .5 | .5 | .0 | .0 |

* SEE NOTES FOLLOWING WEST, TABLE 18.

YEAR BY SEASON 1965-1966 AND BY INCOME

TABLE 15.--VEGETABLES (FRESH, PROCESSED)
HOME-PRODUCED

NORTH CENTRAL

RURAL FARM

| SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 | ALL VEGETABLES | | | | | | POTATOES † | | | | | |
|---|----------------|-----------------|------|-----------------|------|-------|--|-----------------|------|-----------------|------|-------|
| | TOTAL ‡ | CANNED | | FROZEN | | DRIED | TOTAL (FRESH EQUIV- ALENT) ‡ | CANNED | | FROZEN | | DRIED |
| | | COMMER- CIAL | HOME | COMMER- CIAL | HOME | | | COMMER- CIAL | HOME | COMMER- CIAL | HOME | |
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) | (13) |

QUANTITY PER PERSON PER WEEK (POUNDS)

| | | | | | | | | | | | | |
|------------------------|-------|------|-------|------|------|------|-------|------|------|------|------|------|
| ALL HOUSEHOLDS, YEAR-- | 3.725 | .000 | .725 | .000 | .270 | .001 | 1.066 | .000 | * | .000 | * | * |
| SPRING----- | 1.798 | .000 | .677 | .000 | .259 | .001 | .373 | .000 | * | .000 | .002 | .001 |
| SUMMER----- | 6.452 | .000 | .429 | .000 | .232 | .001 | 1.446 | .000 | .000 | .000 | .000 | .000 |
| FALL----- | 3.429 | .000 | .879 | .000 | .315 | * | 1.402 | .000 | .000 | .000 | .000 | .000 |
| WINTER----- | 2.647 | .000 | 1.052 | .000 | .292 | .000 | 1.060 | .000 | .000 | .000 | .000 | .000 |
| UNDER 1,000----- | 5.176 | .000 | .743 | .000 | .136 | .001 | 1.639 | .000 | .000 | .000 | .000 | .000 |
| 1,000-1,999----- | 4.983 | .000 | 1.130 | .000 | .288 | .003 | 1.775 | .000 | .001 | .000 | .000 | .003 |
| 2,000-2,999----- | 4.427 | .000 | .889 | .000 | .252 | .000 | 1.458 | .000 | .000 | .000 | .004 | .000 |
| 3,000-3,999----- | 3.697 | .000 | .694 | .000 | .251 | .000 | 1.137 | .000 | .000 | .000 | .000 | .000 |
| 4,000-4,999----- | 3.880 | .000 | .749 | .000 | .250 | .000 | .933 | .000 | .000 | .000 | .000 | .000 |
| 5,000-5,999----- | 3.079 | .000 | .728 | .000 | .253 | .001 | .743 | .000 | .000 | .000 | .000 | .000 |
| 6,000-6,999----- | 2.974 | .000 | .626 | .000 | .328 | .000 | .725 | .000 | .000 | .000 | .000 | .000 |
| 7,000-9,999----- | 3.929 | .000 | .687 | .000 | .368 | .000 | 1.021 | .000 | .000 | .000 | .000 | .000 |
| 10,000 AND OVER--- | 2.737 | .000 | .447 | .000 | .249 | .000 | .864 | .000 | .000 | .000 | .000 | .000 |

MONEY VALUE PER PERSON PER WEEK (DOLLARS)

| | | | | | | | | | | | | |
|------------------------|-------|------|------|------|------|------|------|------|------|------|------|------|
| ALL HOUSEHOLDS, YEAR-- | .656 | .000 | .159 | .000 | .092 | .001 | .079 | .000 | * | .000 | * | * |
| SPRING----- | .423 | .000 | .144 | .000 | .082 | .001 | .041 | .000 | * | .000 | * | .001 |
| SUMMER----- | 1.121 | .000 | .102 | .000 | .083 | .001 | .130 | .000 | .000 | .000 | .000 | .000 |
| FALL----- | .537 | .000 | .195 | .000 | .110 | .001 | .070 | .000 | .000 | .000 | .000 | .000 |
| WINTER----- | .421 | .000 | .222 | .000 | .099 | .000 | .064 | .000 | .000 | .000 | .000 | .000 |
| UNDER 1,000----- | .826 | .000 | .168 | .000 | .048 | .005 | .127 | .000 | .000 | .000 | .000 | .000 |
| 1,000-1,999----- | .817 | .000 | .240 | .000 | .093 | .002 | .126 | .000 | * | .000 | .000 | .002 |
| 2,000-2,999----- | .757 | .000 | .208 | .000 | .083 | .000 | .104 | .000 | .000 | .000 | .001 | .000 |
| 3,000-3,999----- | .650 | .000 | .143 | .000 | .085 | .000 | .085 | .000 | .000 | .000 | .000 | .000 |
| 4,000-4,999----- | .716 | .000 | .165 | .000 | .084 | .000 | .068 | .000 | .000 | .000 | .000 | .000 |
| 5,000-5,999----- | .571 | .000 | .163 | .000 | .088 | .003 | .053 | .000 | .000 | .000 | .000 | .000 |
| 6,000-6,999----- | .564 | .000 | .134 | .000 | .110 | .000 | .054 | .000 | .000 | .000 | .000 | .000 |
| 7,000-9,999----- | .735 | .000 | .151 | .000 | .130 | .000 | .081 | .000 | .000 | .000 | .000 | .000 |
| 10,000 AND OVER--- | .460 | .000 | .096 | .000 | .086 | .000 | .065 | .000 | .000 | .000 | .000 | .000 |

PERCENT OF HOUSEHOLDS USING IN A WEEK

| | | | | | | | | | | | | |
|----------------|------|----|------|----|------|----|------|----|----|----|----|----|
| ALL HOUSEHOLDS | | | | | | | | | | | | |
| SPRING----- | 78.7 | .0 | 57.6 | .0 | 37.1 | .5 | 14.2 | .0 | .2 | .0 | .2 | .2 |
| SUMMER----- | 94.2 | .0 | 51.0 | .0 | 24.5 | .4 | 60.2 | .0 | .0 | .0 | .0 | .0 |
| FALL----- | 82.9 | .0 | 62.6 | .0 | 46.3 | .4 | 52.1 | .0 | .0 | .0 | .0 | .0 |
| WINTER----- | 81.0 | .0 | 66.8 | .0 | 40.8 | .0 | 43.1 | .0 | .0 | .0 | .0 | .0 |

† SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 15.--VEGETABLES (FRESH, PROCESSED)
--CONTINUED HOME-PRODUCED

NORTH CENTRAL

RURAL FA

| SEASON AND MONEY INCOME AFTER TAXES; 1964-1965 (1) | DARK GREEN * | | | | | DEEP YELLOW * | | | | | TOMATOES * | | |
|--|--------------------|-------------------------|--------------|-------------------------|--------------|--------------------|-------------------------|--------------|-------------------------|--------------|--------------------|-------------------------|--------------|
| | TOTAL # (14) | CANNED | | FROZEN | | TOTAL # (19) | CANNED | | FROZEN | | TOTAL # (24) | CANNED | |
| | | COMMER- CIAL (15) | HOME (16) | COMMER- CIAL (17) | HOME (18) | | COMMER- CIAL (20) | HOME (21) | COMMER- CIAL (22) | HOME (23) | | COMMER- CIAL (25) | HOME (26) |

QUANTITY PER PERSON PER WEEK (POUNDS)

| | | | | | | | | | | | | | |
|-----------------------|------|------|------|------|------|------|------|------|------|------|-------|------|------|
| ALL HOUSEHOLDS, YEAR- | .063 | .000 | .011 | .000 | .005 | .157 | .000 | .014 | .000 | .008 | .669 | .000 | .237 |
| SPRING----- | .053 | .000 | .009 | .000 | .007 | .046 | .000 | .007 | .000 | .009 | .255 | .000 | .237 |
| SUMMER----- | .124 | .000 | .009 | .000 | .002 | .165 | .000 | .012 | .000 | .011 | 1.362 | .000 | .072 |
| FALL----- | .028 | .000 | .007 | .000 | .004 | .281 | .000 | .017 | .000 | .004 | .482 | .000 | .295 |
| WINTER----- | .024 | .000 | .019 | .000 | .004 | .153 | .000 | .022 | .000 | .005 | .425 | .000 | .414 |
| UNDER 1,000----- | .128 | .000 | .018 | .000 | .008 | .310 | .000 | .000 | .000 | .003 | .502 | .000 | .152 |
| 1,000-1,999----- | .085 | .000 | .024 | .000 | .004 | .241 | .000 | .005 | .000 | .012 | .822 | .000 | .370 |
| 2,000-2,999----- | .045 | .000 | .015 | .000 | .002 | .159 | .000 | .009 | .000 | .001 | .784 | .000 | .207 |
| 3,000-3,999----- | .094 | .000 | .020 | .000 | .005 | .122 | .000 | .000 | .000 | .009 | .716 | .000 | .253 |
| 4,000-4,999----- | .063 | .000 | .009 | .000 | .007 | .141 | .000 | .025 | .000 | .008 | .886 | .000 | .220 |
| 5,000-5,999----- | .034 | .000 | .002 | .000 | .002 | .170 | .000 | .019 | .000 | .006 | .593 | .000 | .239 |
| 6,000-6,999----- | .075 | .000 | .011 | .000 | .006 | .104 | .000 | .013 | .000 | .011 | .675 | .000 | .283 |
| 7,000-9,999----- | .090 | .000 | .015 | .000 | .005 | .137 | .000 | .025 | .000 | .015 | .682 | .000 | .211 |
| 10,000 AND OVER--- | .027 | .000 | .002 | .000 | .002 | .136 | .000 | .012 | .000 | .007 | .467 | .000 | .189 |

MONEY VALUE PER PERSON PER WEEK (DOLLARS)

| | | | | | | | | | | | | | |
|-----------------------|------|------|------|------|------|------|------|------|------|------|------|------|------|
| ALL HOUSEHOLDS, YEAR- | .021 | .000 | .003 | .000 | .002 | .024 | .000 | .003 | .000 | .002 | .146 | .000 | .042 |
| SPRING----- | .012 | .000 | .002 | .000 | .003 | .009 | .000 | .002 | .000 | .003 | .047 | .000 | .044 |
| SUMMER----- | .044 | .000 | .002 | .000 | .001 | .027 | .000 | .002 | .000 | .004 | .313 | .000 | .016 |
| FALL----- | .016 | .000 | .004 | .000 | .002 | .037 | .000 | .003 | .000 | .001 | .112 | .000 | .051 |
| WINTER----- | .006 | .000 | .004 | .000 | .002 | .024 | .000 | .004 | .000 | .002 | .071 | .000 | .069 |
| UNDER 1,000----- | .041 | .000 | .003 | .000 | .003 | .047 | .000 | .000 | .000 | .001 | .111 | .000 | .030 |
| 1,000-1,999----- | .023 | .000 | .005 | .000 | .002 | .033 | .000 | .001 | .000 | .003 | .174 | .000 | .066 |
| 2,000-2,999----- | .014 | .000 | .005 | .000 | .001 | .023 | .000 | .002 | .000 | * | .177 | .000 | .038 |
| 3,000-3,999----- | .032 | .000 | .003 | .000 | .002 | .017 | .000 | .000 | .000 | .002 | .153 | .000 | .043 |
| 4,000-4,999----- | .021 | .000 | .002 | .000 | .002 | .023 | .000 | .005 | .000 | .003 | .201 | .000 | .040 |
| 5,000-5,999----- | .012 | .000 | * | .000 | .001 | .026 | .000 | .003 | .000 | .002 | .127 | .000 | .044 |
| 6,000-6,999----- | .030 | .000 | .006 | .000 | .002 | .018 | .000 | .003 | .000 | .004 | .144 | .000 | .051 |
| 7,000-9,999----- | .035 | .000 | .003 | .000 | .002 | .023 | .000 | .005 | .000 | .005 | .148 | .000 | .036 |
| 10,000 AND OVER--- | .008 | .000 | .001 | .000 | .001 | .021 | .000 | .002 | .000 | .002 | .101 | .000 | .033 |

PERCENT OF HOUSEHOLDS USING IN A WEEK

| | | | | | | | | | | | | | |
|----------------|------|----|-----|----|-----|------|----|-----|----|-----|------|----|------|
| ALL HOUSEHOLDS | | | | | | | | | | | | | |
| SPRING----- | 12.1 | .0 | 1.6 | .0 | 3.8 | 8.3 | .0 | 2.2 | .0 | 2.8 | 30.4 | .0 | 29.3 |
| SUMMER----- | 25.3 | .0 | 2.1 | .0 | 1.2 | 32.0 | .0 | 2.9 | .0 | 3.7 | 67.6 | .0 | 15.8 |
| FALL----- | 11.7 | .0 | 1.9 | .0 | 3.5 | 36.2 | .0 | 3.1 | .0 | 1.2 | 44.4 | .0 | 30.0 |
| WINTER----- | 6.6 | .0 | 2.8 | .0 | 3.3 | 21.3 | .0 | 3.8 | .0 | 1.9 | 40.3 | .0 | 39.3 |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 15.--VEGETABLES (FRESH, PROCESSED)
--CONTINUED HOME-PRODUCED

NORTH CENTRAL

RURAL FARM

| SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 (1) | OTHER ‡ | | | | | | SOUP, MIXTURES | | | | | |
|--|------------------------|-----------------------------|-------------------|-----------------------------|------------------|-------------------|------------------------|-----------------------------|------------------|-----------------------------|------------------|-------------------|
| | TOTAL ‡ (27) | CANNED | | FROZEN | | DRIED (32) | TOTAL ‡ (33) | CANNED | | FROZEN | | DRIED (38) |
| | | COMMER- CIAL (28) | HOME · (29) | COMMER- CIAL (30) | HOME (31) | | | COMMER- CIAL (34) | HOME (35) | COMMER- CIAL (36) | HOME (37) | |
| QUANTITY PER PERSON PER WEEK (POUNDS) | | | | | | | | | | | | |
| ALL HOUSEHOLDS, YEAR- | 1.768 | .000 | .463 | .000 | .252 | * | .003 | .000 | .001 | .000 | .001 | .000 |
| SPRING----- | 1.076 | .000 | .424 | .000 | .234 | .000 | .001 | .000 | .000 | .000 | .000 | .000 |
| SUMMER----- | 3.352 | .000 | .336 | .000 | .215 | .001 | .002 | .000 | .000 | .000 | .002 | .000 |
| FALL----- | 1.235 | .000 | .560 | .000 | .301 | .000 | .001 | .000 | .000 | .000 | .000 | .000 |
| WINTER----- | .974 | .000 | .593 | .000 | .276 | .000 | .012 | .000 | .003 | .000 | .000 | .000 |
| UNDER 1,000----- | 2.596 | .000 | .573 | .000 | .125 | .000 | .000 | .000 | .000 | .000 | .000 | .000 |
| 1,000-1,999----- | 2.075 | .000 | .731 | .000 | .272 | .000 | .003 | .000 | .000 | .000 | .000 | .000 |
| 2,000-2,999----- | 1.976 | .000 | .652 | .000 | .242 | .000 | .006 | .000 | .006 | .000 | .000 | .000 |
| 3,000-3,999----- | 1.627 | .000 | .422 | .000 | .238 | .000 | .000 | .000 | .000 | .000 | .000 | .000 |
| 4,000-4,999----- | 1.841 | .000 | .494 | .000 | .223 | .000 | .015 | .000 | .000 | .000 | .000 | .000 |
| 5,000-5,999----- | 1.539 | .000 | .468 | .000 | .227 | .001 | .000 | .000 | .000 | .000 | .000 | .000 |
| 6,000-6,999----- | 1.394 | .000 | .320 | .000 | .306 | .000 | .000 | .000 | .000 | .000 | .000 | .000 |
| 7,000-9,999----- | 2.000 | .000 | .436 | .000 | .346 | .000 | .001 | .000 | .000 | .000 | .000 | .000 |
| 10,000 AND OVER---- | 1.242 | .000 | .244 | .000 | .240 | .000 | .000 | .000 | .000 | .000 | .000 | .000 |
| MONEY VALUE PER PERSON PER WEEK (DOLLARS) | | | | | | | | | | | | |
| ALL HOUSEHOLDS, YEAR- | .386 | .000 | .111 | .000 | .087 | * | .001 | .000 | * | .000 | * | .000 |
| SPRING----- | .313 | .000 | .097 | .000 | .075 | .000 | * | .000 | .000 | .000 | .000 | .000 |
| SUMMER----- | .606 | .000 | .082 | .000 | .077 | .001 | .001 | .000 | .000 | .000 | .001 | .000 |
| FALL----- | .302 | .000 | .137 | .000 | .107 | .000 | * | .000 | .000 | .000 | .000 | .000 |
| WINTER----- | .254 | .000 | .144 | .000 | .094 | .000 | .003 | .000 | .001 | .000 | .000 | .000 |
| UNDER 1,000----- | .501 | .000 | .135 | .000 | .044 | .000 | .000 | .000 | .000 | .000 | .000 | .000 |
| 1,000-1,999----- | .461 | .000 | .168 | .000 | .088 | .000 | .001 | .000 | .000 | .000 | .000 | .000 |
| 2,000-2,999----- | .438 | .000 | .161 | .000 | .080 | .000 | .001 | .000 | .001 | .000 | .000 | .000 |
| 3,000-3,999----- | .362 | .000 | .096 | .000 | .080 | .000 | .000 | .000 | .000 | .000 | .000 | .000 |
| 4,000-4,999----- | .399 | .000 | .119 | .000 | .077 | .000 | .004 | .000 | .000 | .000 | .000 | .000 |
| 5,000-5,999----- | .353 | .000 | .115 | .000 | .082 | .003 | .000 | .000 | .000 | .000 | .000 | .000 |
| 6,000-6,999----- | .319 | .000 | .074 | .000 | .103 | .000 | .000 | .000 | .000 | .000 | .000 | .000 |
| 7,000-9,999----- | .447 | .000 | .107 | .000 | .122 | .000 | .001 | .000 | .000 | .000 | .000 | .000 |
| 10,000 AND OVER---- | .265 | .000 | .061 | .000 | .082 | .000 | .000 | .000 | .000 | .000 | .000 | .000 |
| PERCENT OF HOUSEHOLDS USING IN A WEEK | | | | | | | | | | | | |
| ALL HOUSEHOLDS | | | | | | | | | | | | |
| SPRING----- | 74.2 | .0 | 51.3 | .0 | 35.8 | .0 | .2 | .0 | .0 | .0 | .0 | .0 |
| SUMMER----- | 91.3 | .0 | 46.5 | .0 | 23.2 | .4 | .4 | .0 | .0 | .0 | .4 | .0 |
| FALL----- | 77.8 | .0 | 54.1 | .0 | 45.5 | .0 | .4 | .0 | .0 | .0 | .0 | .0 |
| WINTER----- | 72.0 | .0 | 55.5 | .0 | 38.4 | .0 | .9 | .0 | .5 | .0 | .0 | .0 |

* SEE NOTES FOLLOWING WEST, TABLE 18.

YEAR BY SEASON 1965-1966 AND BY INCOME

| SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 (1) | ALL FRUIT | | | | | | CITRUS | | | | | OTHER VITAMIN-C RICH | | |
|--|------------|-----------------|------|-----------------|------|-------|--|-----------------|------|-----------------|------|----------------------|-----------------|------|
| | TOTAL # | CANNED | | FROZEN | | DRIED | TOTAL (JUICE EQUIV- ALENT) # | CANNED | | FROZEN | | TOTAL # | FROZEN | |
| | | COMMER- CIAL | HOME | COMMER- CIAL | HOME | | | COMMER- CIAL | HOME | COMMER- CIAL | HOME | | COMMER- CIAL | HOME |
| | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) | (13) | (14) | (15) |

QUANTITY PER PERSON PER WEEK (POUNDS)

| | | | | | | | | | | | | | | |
|-----------------------|-------|-------|------|------|------|------|-------|------|------|------|------|------|------|------|
| ALL HOUSEHOLDS, YEAR- | 3.981 | .881 | .118 | .148 | .044 | .032 | 1.198 | .266 | * | .123 | * | .205 | .012 | .011 |
| SPRING----- | 3.764 | .930 | .136 | .141 | .053 | .029 | 1.171 | .260 | .000 | .112 | * | .244 | .014 | .015 |
| SUMMER----- | 4.443 | .734 | .081 | .135 | .039 | .023 | .965 | .274 | * | .112 | .000 | .468 | .014 | .008 |
| FALL----- | 3.650 | .889 | .112 | .147 | .035 | .034 | 1.148 | .236 | .000 | .123 | .000 | .036 | .007 | .006 |
| WINTER----- | 4.035 | .981 | .147 | .170 | .047 | .045 | 1.537 | .295 | .000 | .147 | .000 | .037 | .012 | .015 |
| | | | | | | | | | | | | | | |
| UNDER 1,000----- | 3.060 | .645 | .241 | .086 | .072 | .070 | .639 | .100 | .000 | .066 | .000 | .128 | .010 | .011 |
| 1,000-1,999----- | 3.725 | .824 | .303 | .060 | .093 | .030 | .876 | .277 | .000 | .045 | .000 | .160 | .005 | .029 |
| 2,000-2,999----- | 3.539 | .862 | .197 | .107 | .056 | .054 | .849 | .215 | .000 | .091 | .000 | .127 | .009 | .014 |
| 3,000-3,999----- | 3.414 | .688 | .151 | .099 | .059 | .039 | .810 | .152 | .000 | .084 | .000 | .156 | .011 | .015 |
| 4,000-4,999----- | 4.008 | .868 | .180 | .136 | .061 | .036 | 1.059 | .217 | .000 | .119 | .000 | .183 | .008 | .015 |
| 5,000-5,999----- | 3.518 | .821 | .108 | .118 | .050 | .023 | .995 | .276 | .000 | .091 | .000 | .216 | .018 | .010 |
| 6,000-6,999----- | 3.963 | .856 | .095 | .117 | .034 | .034 | 1.174 | .291 | .000 | .098 | * | .163 | .008 | .005 |
| 7,000-7,999----- | 4.344 | .977 | .085 | .143 | .032 | .027 | 1.312 | .332 | .000 | .118 | .000 | .195 | .010 | .013 |
| 8,000-8,999----- | 4.064 | .909 | .108 | .181 | .050 | .026 | 1.330 | .304 | * | .138 | .000 | .180 | .025 | .009 |
| 9,000-9,999----- | 4.368 | 1.032 | .069 | .187 | .040 | .022 | 1.368 | .196 | .000 | .161 | .000 | .219 | .009 | .010 |
| 10,000-14,999----- | 4.463 | .854 | .055 | .235 | .025 | .037 | 1.538 | .228 | .000 | .201 | .000 | .307 | .016 | .004 |
| 15,000 AND OVER---- | 4.517 | 1.237 | .042 | .226 | .008 | .026 | 1.853 | .444 | .000 | .194 | .000 | .247 | .005 | .001 |

MONEY VALUE PER PERSON PER WEEK (DOLLARS)

| | | | | | | | | | | | | | | |
|-----------------------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|
| ALL HOUSEHOLDS, YEAR- | .643 | .169 | .026 | .061 | .017 | .012 | .193 | .042 | * | .050 | * | .045 | .005 | .005 |
| SPRING----- | .654 | .183 | .030 | .061 | .019 | .011 | .200 | .042 | .000 | .048 | * | .073 | .006 | .006 |
| SUMMER----- | .685 | .137 | .020 | .055 | .016 | .009 | .148 | .042 | * | .046 | .000 | .073 | .006 | .004 |
| FALL----- | .580 | .165 | .023 | .060 | .015 | .013 | .177 | .038 | .000 | .049 | .000 | .011 | .004 | .003 |
| WINTER----- | .648 | .195 | .032 | .068 | .018 | .017 | .251 | .045 | .000 | .058 | .000 | .017 | .006 | .007 |
| | | | | | | | | | | | | | | |
| UNDER 1,000----- | .537 | .136 | .055 | .037 | .025 | .024 | .111 | .015 | .000 | .029 | .000 | .042 | .005 | .004 |
| 1,000-1,999----- | .612 | .156 | .067 | .030 | .040 | .013 | .156 | .043 | .000 | .023 | .000 | .048 | .003 | .013 |
| 2,000-2,999----- | .579 | .160 | .042 | .047 | .022 | .019 | .140 | .033 | .000 | .040 | .000 | .028 | .003 | .006 |
| 3,000-3,999----- | .520 | .132 | .031 | .042 | .024 | .013 | .127 | .022 | .000 | .035 | .000 | .037 | .006 | .007 |
| 4,000-4,999----- | .643 | .178 | .043 | .054 | .023 | .015 | .172 | .037 | .000 | .047 | .000 | .044 | .004 | .007 |
| 5,000-5,999----- | .576 | .160 | .024 | .050 | .020 | .008 | .161 | .042 | .000 | .039 | .000 | .047 | .007 | .005 |
| 6,000-6,999----- | .613 | .160 | .020 | .048 | .012 | .013 | .192 | .044 | .000 | .039 | * | .032 | .004 | .002 |
| 7,000-7,999----- | .670 | .175 | .018 | .059 | .013 | .010 | .211 | .051 | .000 | .048 | .000 | .045 | .006 | .006 |
| 8,000-8,999----- | .672 | .183 | .025 | .072 | .019 | .011 | .220 | .056 | * | .054 | .000 | .041 | .010 | .004 |
| 9,000-9,999----- | .704 | .203 | .018 | .076 | .014 | .008 | .208 | .029 | .000 | .065 | .000 | .046 | .002 | .005 |
| 10,000-14,999----- | .762 | .166 | .012 | .095 | .010 | .014 | .240 | .034 | .000 | .080 | .000 | .065 | .007 | .004 |
| 15,000 AND OVER---- | .806 | .248 | .011 | .090 | .003 | .012 | .321 | .074 | .000 | .077 | .000 | .054 | .002 | .001 |

PERCENT OF HOUSEHOLDS USING IN A WEEK

| | | | | | | | | | | | | | | |
|----------------|------|------|------|------|-----|------|------|------|----|------|----|------|-----|-----|
| ALL HOUSEHOLDS | | | | | | | | | | | | | | |
| SPRING----- | 96.8 | 71.0 | 12.9 | 30.7 | 6.8 | 13.0 | 72.2 | 26.3 | .0 | 26.2 | .1 | 27.6 | 4.6 | 2.3 |
| SUMMER----- | 96.4 | 62.1 | 9.2 | 31.0 | 6.2 | 10.5 | 65.0 | 26.4 | * | 26.8 | .0 | 35.2 | 3.6 | 1.6 |
| FALL----- | 98.5 | 68.1 | 12.1 | 30.1 | 5.6 | 13.5 | 68.3 | 24.0 | .0 | 27.4 | .0 | 6.2 | 2.6 | 1.1 |
| WINTER----- | 97.9 | 74.4 | 14.4 | 35.2 | 6.6 | 17.3 | 82.1 | 27.4 | .0 | 31.8 | .0 | 8.1 | 3.9 | 2.6 |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 16.--FRUIT (FRESH, PROCESSED)
--CONTINUED

NORTH CENTRAL

ALL URBANIZATION

| SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 (1) | OTHER | | | | | | MIX- TURES (22) |
|--|------------------------|-----------------------------|------------------|-----------------------------|------------------|-------------------|---------------------------|
| | TOTAL * (16) | CANNED | | FROZEN | | DRIED (21) | |
| | | COMMER- CIAL (17) | HOME (18) | COMMER- CIAL (19) | HOME (20) | | |
| QUANTITY PER PERSON PER WEEK (POUNDS) | | | | | | | |
| ALL HOUSEHOLDS, YEAR- | 2.541 | .611 | .117 | .013 | .033 | .032 | .002 |
| SPRING----- | 2.273 | .666 | .135 | .015 | .038 | .029 | .003 |
| SUMMER----- | 3.130 | .457 | .079 | .009 | .031 | .023 | .002 |
| FALL----- | 2.500 | .651 | .111 | .016 | .030 | .034 | .001 |
| WINTER----- | 2.219 | .683 | .146 | .010 | .033 | .045 | .003 |
| UNDER 1,000----- | 2.245 | .545 | .241 | .009 | .061 | .070 | .000 |
| 1,000-1,999----- | 2.502 | .546 | .302 | .010 | .064 | .030 | .001 |
| 2,000-2,999----- | 2.554 | .647 | .195 | .007 | .042 | .054 | * |
| 3,000-3,999----- | 2.372 | .533 | .151 | .004 | .045 | .039 | .003 |
| 4,000-4,999----- | 2.741 | .645 | .176 | .009 | .046 | .036 | .005 |
| 5,000-5,999----- | 2.239 | .543 | .107 | .009 | .040 | .023 | .003 |
| 6,000-6,999----- | 2.494 | .562 | .095 | .011 | .029 | .034 | .003 |
| 7,000-7,999----- | 2.760 | .642 | .085 | .014 | .019 | .027 | .003 |
| 8,000-8,999----- | 2.561 | .604 | .107 | .018 | .041 | .026 | .001 |
| 9,000-9,999----- | 2.779 | .833 | .069 | .018 | .030 | .022 | .003 |
| 10,000-14,999----- | 2.754 | .622 | .055 | .019 | .016 | .037 | .003 |
| 15,000 AND OVER---- | 2.395 | .787 | .042 | .027 | .007 | .026 | .002 |
| MONEY VALUE PER PERSON PER WEEK (DOLLARS) | | | | | | | |
| ALL HOUSEHOLDS, YEAR- | .405 | .127 | .026 | .005 | .012 | .012 | .001 |
| SPRING----- | .380 | .140 | .029 | .006 | .013 | .011 | .001 |
| SUMMER----- | .464 | .094 | .020 | .003 | .012 | .009 | .001 |
| FALL----- | .392 | .127 | .023 | .007 | .012 | .013 | * |
| WINTER----- | .379 | .148 | .032 | .004 | .011 | .017 | .001 |
| UNDER 1,000----- | .383 | .121 | .055 | .003 | .021 | .024 | .000 |
| 1,000-1,999----- | .407 | .113 | .066 | .003 | .027 | .013 | * |
| 2,000-2,999----- | .411 | .128 | .041 | .004 | .016 | .019 | * |
| 3,000-3,999----- | .354 | .109 | .031 | .002 | .017 | .013 | .001 |
| 4,000-4,999----- | .425 | .140 | .041 | .004 | .017 | .015 | .001 |
| 5,000-5,999----- | .367 | .117 | .024 | .004 | .015 | .008 | .001 |
| 6,000-6,999----- | .388 | .115 | .020 | .004 | .009 | .013 | .001 |
| 7,000-7,999----- | .413 | .123 | .017 | .005 | .007 | .010 | .001 |
| 8,000-8,999----- | .410 | .127 | .024 | .007 | .015 | .011 | * |
| 9,000-9,999----- | .448 | .173 | .018 | .008 | .009 | .008 | .001 |
| 10,000-14,999----- | .456 | .130 | .012 | .007 | .005 | .014 | .001 |
| 15,000 AND OVER---- | .430 | .172 | .011 | .011 | .002 | .012 | .001 |
| PERCENT OF HOUSEHOLDS USING IN A WEEK | | | | | | | |
| ALL HOUSEHOLDS | | | | | | | |
| SPRING----- | 92.1 | 63.5 | 12.8 | 4.8 | 5.5 | 13.0 | 1.9 |
| SUMMER----- | 92.4 | 51.8 | 9.2 | 3.0 | 5.0 | 10.5 | 1.4 |
| FALL----- | 95.4 | 59.4 | 12.1 | 5.3 | 4.6 | 13.5 | 1.0 |
| WINTER----- | 93.7 | 67.2 | 14.3 | 3.8 | 4.6 | 17.3 | 2.3 |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 16.--FRUIT (FRESH, PROCESSED)

NORTH CENTRAL

URBAN

| SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 | ALL FRUIT | | | | | | CITRUS | | | | OTHER VITAMIN-C RICH * | | | |
|---|------------|-----------------|------|-----------------|------|-------|--|-----------------|------|-----------------|------------------------|------------|-----------------|------|
| | TOTAL ‡ | CANNED | | FROZEN | | DRIED | TOTAL (JUICE EQUIV- ALENT) ‡ | CANNED | | FROZEN | | TOTAL ‡ | FROZEN | |
| | | COMMER- CIAL | HOME | COMMER- CIAL | HOME | | | COMMER- CIAL | HOME | COMMER- CIAL | HOME | | COMMER- CIAL | HOME |
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) | (13) | (14) | (15) |

QUANTITY PER PERSON PER WEEK (POUNDS)

| | | | | | | | | | | | | | | |
|------------------------|-------|-------|------|------|------|------|-------|------|------|------|------|------|------|------|
| ALL HOUSEHOLDS, YEAR-- | 3.880 | .906 | .050 | .152 | .018 | .028 | 1.243 | .278 | .000 | .126 | .000 | .171 | .013 | .004 |
| SPRING----- | 3.727 | .940 | .055 | .150 | .025 | .024 | 1.230 | .261 | .000 | .119 | .000 | .200 | .015 | .009 |
| SUMMER----- | 4.221 | .777 | .019 | .137 | .012 | .020 | .994 | .293 | .000 | .113 | .000 | .407 | .016 | .002 |
| FALL----- | 3.487 | .911 | .043 | .156 | .024 | .031 | 1.182 | .252 | .000 | .127 | .000 | .032 | .008 | .001 |
| WINTER----- | 4.074 | 1.006 | .088 | .167 | .012 | .039 | 1.595 | .305 | .000 | .145 | .000 | .019 | .011 | .003 |
| UNDER 1,000----- | 2.168 | .516 | .043 | .060 | .000 | .021 | .629 | .085 | .000 | .060 | .000 | .068 | .000 | .000 |
| 1,000-1,999----- | 3.960 | 1.017 | .139 | .067 | .000 | .028 | 1.047 | .317 | .000 | .048 | .000 | .089 | .009 | .000 |
| 2,000-2,999----- | 3.448 | .925 | .054 | .107 | .024 | .054 | .905 | .221 | .000 | .086 | .000 | .104 | .010 | .011 |
| 3,000-3,999----- | 3.021 | .814 | .069 | .099 | .016 | .036 | .812 | .166 | .000 | .086 | .000 | .080 | .011 | .003 |
| 4,000-4,999----- | 3.914 | .862 | .104 | .115 | .015 | .033 | 1.078 | .245 | .000 | .107 | .000 | .110 | .003 | .000 |
| 5,000-5,999----- | 3.345 | .861 | .048 | .099 | .033 | .017 | .956 | .285 | .000 | .072 | .000 | .160 | .022 | .005 |
| 6,000-6,999----- | 3.913 | .819 | .053 | .122 | .021 | .032 | 1.241 | .293 | .000 | .104 | .000 | .133 | .007 | .005 |
| 7,000-7,999----- | 4.127 | .957 | .024 | .139 | .017 | .017 | 1.248 | .325 | .000 | .119 | .000 | .175 | .008 | .005 |
| 8,000-8,999----- | 3.759 | .894 | .075 | .171 | .020 | .020 | 1.269 | .288 | .000 | .126 | .000 | .107 | .000 | .000 |
| 9,000-9,999----- | 3.637 | .918 | .029 | .196 | .032 | .023 | 1.245 | .168 | .000 | .169 | .000 | .149 | .003 | .008 |
| 10,000-14,999----- | 4.418 | .870 | .024 | .254 | .009 | .035 | 1.562 | .224 | .000 | .217 | .000 | .315 | .018 | .006 |
| 15,000 AND OVER---- | 4.673 | 1.295 | .033 | .244 | .006 | .025 | 1.988 | .470 | .000 | .206 | .000 | .264 | .005 | .001 |

MONEY VALUE PER PERSON PER WEEK (DOLLARS)

| | | | | | | | | | | | | | | |
|------------------------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|
| ALL HOUSEHOLDS, YEAR-- | .627 | .171 | .011 | .062 | .007 | .011 | .201 | .042 | .000 | .051 | .000 | .037 | .006 | .002 |
| SPRING----- | .633 | .183 | .012 | .063 | .009 | .009 | .209 | .041 | .000 | .050 | .000 | .061 | .007 | .004 |
| SUMMER----- | .656 | .140 | .004 | .055 | .005 | .008 | .149 | .042 | .000 | .046 | .000 | .065 | .006 | .001 |
| FALL----- | .574 | .166 | .008 | .065 | .009 | .012 | .188 | .039 | .000 | .052 | .000 | .010 | .004 | * |
| WINTER----- | .642 | .198 | .019 | .065 | .005 | .015 | .263 | .046 | .000 | .055 | .000 | .009 | .005 | .002 |
| UNDER 1,000----- | .374 | .104 | .012 | .028 | .000 | .007 | .119 | .016 | .000 | .028 | .000 | .022 | .000 | .000 |
| 1,000-1,999----- | .608 | .195 | .031 | .036 | .000 | .012 | .188 | .050 | .000 | .028 | .000 | .023 | .004 | .000 |
| 2,000-2,999----- | .550 | .172 | .011 | .050 | .009 | .017 | .160 | .036 | .000 | .040 | .000 | .023 | .004 | .004 |
| 3,000-3,999----- | .482 | .158 | .014 | .043 | .008 | .013 | .131 | .024 | .000 | .036 | .000 | .022 | .006 | .001 |
| 4,000-4,999----- | .592 | .171 | .024 | .047 | .007 | .016 | .183 | .040 | .000 | .044 | .000 | .020 | .001 | .000 |
| 5,000-5,999----- | .546 | .164 | .010 | .042 | .013 | .006 | .159 | .041 | .000 | .031 | .000 | .038 | .009 | .003 |
| 6,000-6,999----- | .598 | .149 | .011 | .050 | .008 | .012 | .202 | .042 | .000 | .041 | .000 | .028 | .004 | .002 |
| 7,000-7,999----- | .631 | .163 | .005 | .058 | .006 | .006 | .199 | .047 | .000 | .048 | .000 | .038 | .004 | .002 |
| 8,000-8,999----- | .624 | .180 | .015 | .066 | .007 | .008 | .210 | .055 | .000 | .047 | .000 | .030 | .012 | .000 |
| 9,000-9,999----- | .632 | .185 | .006 | .081 | .010 | .008 | .189 | .024 | .000 | .069 | .000 | .038 | .001 | .004 |
| 10,000-14,999----- | .769 | .168 | .006 | .100 | .004 | .013 | .239 | .033 | .000 | .085 | .000 | .064 | .009 | .003 |
| 15,000 AND OVER---- | .829 | .256 | .010 | .096 | .002 | .012 | .341 | .075 | .000 | .081 | .000 | .052 | .002 | .001 |

PERCENT OF HOUSEHOLDS USING IN A WEEK

| | | | | | | | | | | | | | | |
|----------------|------|------|------|------|-----|------|------|------|----|------|----|------|-----|-----|
| ALL HOUSEHOLDS | | | | | | | | | | | | | | |
| SPRING----- | 96.0 | 71.0 | 6.7 | 32.3 | 2.8 | 11.1 | 73.7 | 26.1 | .0 | 27.8 | .0 | 25.6 | 4.8 | 1.2 |
| SUMMER----- | 95.8 | 63.6 | 2.9 | 31.9 | 2.4 | 9.5 | 68.6 | 28.0 | .0 | 27.7 | .0 | 34.8 | 3.7 | .5 |
| FALL----- | 98.1 | 72.3 | 5.9 | 33.6 | 3.5 | 12.5 | 72.8 | 25.9 | .0 | 30.7 | .0 | 5.6 | 2.9 | .3 |
| WINTER----- | 97.5 | 74.2 | 10.7 | 35.3 | 2.2 | 16.2 | 83.3 | 26.0 | .0 | 31.8 | .0 | 6.0 | 3.8 | .8 |

* SEE NOTES FOLLOWING WEST, TABLE 18.

YEAR BY SEASON 1965-1966 AND BY INCOME

TABLE 16.--FRUIT (FRESH, PROCESSED)
--CONTINUED

NORTH CENTRAL

URBAN

| SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 (1) | OTHER | | | | | | MIX- TURES (22) |
|--|------------------------|-----------------------------|------------------|-----------------------------|------------------|-------------------|---------------------------|
| | TOTAL # (16) | CANNED | | FROZEN | | DRIED (21) | |
| | | COMMER- CIAL (17) | HOME (18) | COMMER- CIAL (19) | HOME (20) | | |
| | | | | | | | |

QUANTITY PER PERSON PER WEEK (POUNDS)

| | | | | | | | |
|-----------------------|-------|------|------|------|------|------|------|
| ALL HOUSEHOLDS, YEAR- | 2.427 | .626 | .050 | .013 | .014 | .028 | .002 |
| SPRING----- | 2.228 | .674 | .054 | .015 | .016 | .024 | .004 |
| SUMMER----- | 2.960 | .482 | .019 | .009 | .010 | .020 | .002 |
| FALL----- | 2.314 | .657 | .043 | .020 | .023 | .031 | .001 |
| WINTER----- | 2.174 | .699 | .087 | .010 | .008 | .039 | .002 |
| UNDER 1,000----- | 1.434 | .431 | .043 | .000 | .000 | .021 | .000 |
| 1,000-1,999----- | 2.625 | .700 | .139 | .011 | .000 | .028 | .000 |
| 2,000-2,999----- | 2.372 | .704 | .050 | .012 | .014 | .054 | .000 |
| 3,000-3,999----- | 2.070 | .648 | .069 | .002 | .014 | .036 | * |
| 4,000-4,999----- | 2.641 | .611 | .102 | .005 | .015 | .033 | .005 |
| 5,000-5,999----- | 2.101 | .572 | .048 | .005 | .027 | .017 | .004 |
| 6,000-6,999----- | 2.383 | .524 | .053 | .012 | .017 | .032 | .001 |
| 7,000-7,999----- | 2.666 | .631 | .024 | .013 | .012 | .017 | .002 |
| 8,000-8,999----- | 2.354 | .603 | .074 | .015 | .020 | .020 | .002 |
| 9,000-9,999----- | 2.376 | .746 | .029 | .024 | .024 | .023 | .004 |
| 10,000-14,999----- | 2.751 | .644 | .024 | .019 | .003 | .035 | .003 |
| 15,000 AND OVER---- | 2.398 | .820 | .033 | .032 | .005 | .025 | .000 |

MONEY VALUE PER PERSON PER WEEK (DOLLARS)

| | | | | | | | |
|-----------------------|------|------|------|------|------|------|------|
| ALL HOUSEHOLDS, YEAR- | .388 | .128 | .011 | .006 | .005 | .011 | .001 |
| SPRING----- | .362 | .140 | .012 | .006 | .005 | .009 | .001 |
| SUMMER----- | .442 | .097 | .004 | .003 | .004 | .008 | .001 |
| FALL----- | .376 | .127 | .008 | .009 | .009 | .012 | * |
| WINTER----- | .369 | .151 | .019 | .004 | .003 | .015 | .001 |
| UNDER 1,000----- | .233 | .088 | .012 | .000 | .000 | .007 | .000 |
| 1,000-1,999----- | .397 | .144 | .031 | .003 | .000 | .012 | .000 |
| 2,000-2,999----- | .367 | .136 | .010 | .006 | .005 | .017 | .000 |
| 3,000-3,999----- | .328 | .134 | .014 | .001 | .006 | .013 | * |
| 4,000-4,999----- | .389 | .129 | .024 | .002 | .007 | .016 | .001 |
| 5,000-5,999----- | .348 | .121 | .010 | .003 | .011 | .006 | .001 |
| 6,000-6,999----- | .368 | .106 | .011 | .005 | .005 | .012 | .001 |
| 7,000-7,999----- | .394 | .116 | .005 | .005 | .004 | .006 | .001 |
| 8,000-8,999----- | .383 | .124 | .014 | .007 | .007 | .008 | .001 |
| 9,000-9,999----- | .403 | .159 | .006 | .011 | .006 | .008 | .001 |
| 10,000-14,999----- | .465 | .134 | .006 | .007 | .001 | .013 | .001 |
| 15,000 AND OVER---- | .436 | .179 | .010 | .013 | .001 | .012 | .000 |

PERCENT OF HOUSEHOLDS USING IN A WEEK

| | | | | | | | |
|----------------|------|------|------|-----|-----|------|-----|
| ALL HOUSEHOLDS | | | | | | | |
| SPRING----- | 90.6 | 62.9 | 6.6 | 4.8 | 2.3 | 11.1 | 1.9 |
| SUMMER----- | 92.1 | 52.5 | 2.9 | 2.9 | 1.8 | 9.5 | 1.6 |
| FALL----- | 95.5 | 61.6 | 5.9 | 5.9 | 3.2 | 12.5 | .5 |
| WINTER----- | 92.3 | 65.8 | 10.7 | 3.6 | 1.6 | 16.2 | 1.6 |

* SEE NOTES FOLLOWING WEST, TABLE 18.

YEAR BY SEASON 1965-1966 AND BY INCOME

TABLE 16.--FRUIT (FRESH, PROCESSED)

NORTH CENTRAL

RURAL NON-AG.

| SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 | ALL FRUIT | | | | | | CITRUS | | | | | OTHER VITAMIN-C RICH | | |
|---|------------|-----------------|------|-----------------|------|-------|--|-----------------|------|-----------------|------|----------------------|-----------------|------|
| | TOTAL † | CANNED | | FROZEN | | DRIED | TOTAL (JUICE EQUIV- ALENT) † | CANNED | | FROZEN | | TOTAL † | FROZEN | |
| | | COMMER- CIAL | HOME | COMMER- CIAL | HOME | | | COMMER- CIAL | HOME | COMMER- CIAL | HOME | | COMMER- CIAL | HOME |
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) | (13) | (14) | (15) |

QUANTITY PER PERSON PER WEEK (POUNDS)

| | | | | | | | | | | | | | | |
|-----------------------|-------|-------|------|------|------|------|-------|------|------|------|------|------|------|------|
| ALL HOUSEHOLDS, YEAR- | 4.131 | .870 | .191 | .148 | .069 | .036 | 1.183 | .250 | .000 | .126 | * | .274 | .012 | .017 |
| SPRING----- | 3.839 | .974 | .244 | .130 | .076 | .036 | 1.144 | .278 | .000 | .106 | * | .338 | .010 | .019 |
| SUMMER----- | 4.834 | .685 | .156 | .142 | .079 | .023 | .970 | .236 | .000 | .119 | .000 | .621 | .015 | .016 |
| FALL----- | 3.921 | .834 | .172 | .129 | .031 | .030 | 1.145 | .187 | .000 | .116 | .000 | .041 | .005 | .010 |
| WINTER----- | 3.881 | .986 | .193 | .188 | .085 | .056 | 1.468 | .292 | .000 | .160 | .000 | .066 | .017 | .024 |
| UNDER 1,000----- | 3.698 | .895 | .260 | .185 | .148 | .150 | .883 | .046 | .000 | .123 | .000 | .201 | .029 | .000 |
| 1,000-1,999----- | 3.240 | .599 | .489 | .043 | .204 | .040 | .764 | .265 | .000 | .039 | .000 | .171 | .000 | .062 |
| 2,000-2,999----- | 3.706 | .952 | .215 | .083 | .037 | .054 | .784 | .262 | .000 | .079 | .000 | .179 | .003 | .009 |
| 3,000-3,999----- | 3.697 | .518 | .239 | .096 | .091 | .020 | .853 | .142 | .000 | .076 | .000 | .252 | .015 | .024 |
| 4,000-4,999----- | 3.973 | .869 | .237 | .169 | .104 | .032 | 1.082 | .169 | .000 | .141 | .000 | .205 | .015 | .026 |
| 5,000-5,999----- | 3.729 | .768 | .170 | .159 | .057 | .029 | 1.118 | .268 | .000 | .135 | .000 | .325 | .010 | .014 |
| 6,000-6,999----- | 4.011 | .946 | .146 | .103 | .059 | .034 | .991 | .269 | .000 | .085 | .001 | .236 | .013 | .006 |
| 7,000-9,999----- | 5.118 | 1.096 | .160 | .184 | .057 | .042 | 1.601 | .330 | .000 | .150 | .000 | .289 | .019 | .018 |
| 10,000 AND OVER---- | 4.360 | .830 | .109 | .157 | .034 | .045 | 1.403 | .229 | .000 | .140 | .000 | .282 | .004 | .013 |

MONEY VALUE PER PERSON PER WEEK (DOLLARS)

| | | | | | | | | | | | | | | |
|-----------------------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|
| ALL HOUSEHOLDS, YEAR- | .665 | .175 | .043 | .062 | .027 | .014 | .187 | .042 | .000 | .052 | * | .056 | .006 | .008 |
| SPRING----- | .692 | .198 | .053 | .059 | .028 | .014 | .198 | .049 | .000 | .049 | * | .093 | .004 | .008 |
| SUMMER----- | .738 | .136 | .042 | .059 | .032 | .008 | .151 | .040 | .000 | .049 | .000 | .088 | .007 | .007 |
| FALL----- | .573 | .166 | .033 | .050 | .014 | .012 | .163 | .034 | .000 | .044 | .000 | .011 | .003 | .005 |
| WINTER----- | .647 | .199 | .042 | .079 | .030 | .021 | .235 | .046 | .000 | .066 | .000 | .027 | .008 | .012 |
| UNDER 1,000----- | .733 | .213 | .056 | .078 | .050 | .048 | .139 | .005 | .000 | .052 | .000 | .071 | .014 | .000 |
| 1,000-1,999----- | .600 | .113 | .111 | .018 | .093 | .016 | .138 | .038 | .000 | .016 | .000 | .061 | .000 | .029 |
| 2,000-2,999----- | .597 | .174 | .046 | .037 | .016 | .022 | .122 | .036 | .000 | .035 | .000 | .029 | .001 | .004 |
| 3,000-3,999----- | .552 | .099 | .051 | .043 | .035 | .007 | .127 | .020 | .000 | .032 | .000 | .054 | .008 | .011 |
| 4,000-4,999----- | .681 | .194 | .059 | .066 | .039 | .012 | .170 | .033 | .000 | .053 | .000 | .053 | .007 | .011 |
| 5,000-5,999----- | .611 | .158 | .038 | .067 | .021 | .009 | .171 | .047 | .000 | .056 | .000 | .064 | .006 | .007 |
| 6,000-6,999----- | .638 | .186 | .033 | .044 | .019 | .013 | .163 | .047 | .000 | .035 | * | .043 | .007 | .003 |
| 7,000-9,999----- | .788 | .217 | .035 | .076 | .023 | .016 | .255 | .056 | .000 | .062 | .000 | .059 | .008 | .008 |
| 10,000 AND OVER---- | .712 | .176 | .022 | .073 | .012 | .020 | .249 | .044 | .000 | .066 | .000 | .073 | .002 | .006 |

PERCENT OF HOUSEHOLDS USING IN A WEEK

| | | | | | | | | | | | | | | |
|----------------|------|------|------|------|------|------|------|------|----|------|----|------|-----|-----|
| ALL HOUSEHOLDS | 98.3 | 72.0 | 20.9 | 28.3 | 11.5 | 16.2 | 70.8 | 27.3 | .0 | 24.3 | .2 | 32.4 | 3.7 | 3.2 |
| SPRING----- | 98.3 | 72.0 | 20.9 | 28.3 | 11.5 | 16.2 | 70.8 | 27.3 | .0 | 24.3 | .2 | 32.4 | 3.7 | 3.2 |
| SUMMER----- | 98.3 | 72.0 | 20.9 | 28.3 | 11.5 | 16.2 | 70.8 | 27.3 | .0 | 24.3 | .2 | 32.4 | 3.7 | 3.2 |
| FALL----- | 98.3 | 72.0 | 20.9 | 28.3 | 11.5 | 16.2 | 70.8 | 27.3 | .0 | 24.3 | .2 | 32.4 | 3.7 | 3.2 |
| WINTER----- | 98.3 | 72.0 | 20.9 | 28.3 | 11.5 | 16.2 | 70.8 | 27.3 | .0 | 24.3 | .2 | 32.4 | 3.7 | 3.2 |



TABLE 16.--FRUIT (FRESH, PROCESSED)

NORTH CENTRAL

RURAL NONFARM

| SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 | ALL FRUIT | | | | | | CITRUS | | | | | OTHER VITAMIN-C RICH | | |
|---|------------|-----------------|------|-----------------|------|-------|--|-----------------|------|-----------------|------|----------------------|-----------------|------|
| | TOTAL * | CANNED | | FROZEN | | DRIED | TOTAL (JUICE EQUIV- ALENT) * | CANNED | | FROZEN | | TOTAL * | FROZEN | |
| | | COMMER- CIAL | HOME | COMMER- CIAL | HOME | | | COMMER- CIAL | HOME | COMMER- CIAL | HOME | | COMMER- CIAL | HOME |
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) | (13) | (14) | (15) |

QUANTITY PER PERSON PER WEEK (POUNDS)

| | | | | | | | | | | | | | | |
|-----------------------|-------|-------|------|------|------|------|-------|------|------|------|------|------|------|------|
| ALL HOUSEHOLDS, YEAR- | 4.131 | .870 | .191 | .148 | .069 | .036 | 1.183 | .250 | .000 | .126 | * | .274 | .012 | .017 |
| SPRING----- | 3.839 | .974 | .244 | .130 | .076 | .036 | 1.144 | .278 | .000 | .106 | * | .338 | .010 | .019 |
| SUMMER----- | 4.838 | .685 | .156 | .142 | .079 | .023 | .970 | .236 | .000 | .119 | .000 | .621 | .015 | .016 |
| FALL----- | 3.921 | .834 | .172 | .129 | .031 | .030 | 1.145 | .187 | .000 | .116 | .000 | .041 | .005 | .010 |
| WINTER----- | 3.881 | .986 | .193 | .188 | .085 | .056 | 1.468 | .292 | .000 | .160 | .000 | .066 | .017 | .024 |
| UNDER 1,000----- | 3.698 | .895 | .260 | .185 | .148 | .150 | .883 | .046 | .000 | .123 | .000 | .201 | .029 | .000 |
| 1,000-1,999----- | 3.240 | .599 | .489 | .043 | .204 | .040 | .764 | .265 | .000 | .039 | .000 | .171 | .000 | .062 |
| 2,000-2,999----- | 3.706 | .952 | .215 | .083 | .037 | .054 | .784 | .262 | .000 | .079 | .000 | .179 | .003 | .009 |
| 3,000-3,999----- | 3.697 | .518 | .239 | .096 | .091 | .020 | .853 | .142 | .000 | .076 | .000 | .252 | .015 | .074 |
| 4,000-4,999----- | 3.973 | .869 | .237 | .169 | .104 | .032 | 1.082 | .169 | .000 | .141 | .000 | .205 | .015 | .026 |
| 5,000-5,999----- | 3.729 | .768 | .170 | .159 | .057 | .029 | 1.118 | .268 | .000 | .135 | .000 | .325 | .010 | .014 |
| 6,000-6,999----- | 4.011 | .946 | .146 | .103 | .059 | .034 | .991 | .269 | .000 | .085 | .001 | .236 | .013 | .006 |
| 7,000-9,999----- | 5.118 | 1.096 | .160 | .184 | .057 | .042 | 1.601 | .330 | .000 | .150 | .000 | .289 | .019 | .018 |
| 10,000 AND OVER---- | 4.360 | .830 | .109 | .157 | .034 | .045 | 1.403 | .229 | .000 | .140 | .000 | .282 | .004 | .013 |

MONEY VALUE PER PERSON PER WEEK (DOLLARS)

| | | | | | | | | | | | | | | |
|-----------------------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|
| ALL HOUSEHOLDS, YEAR- | .665 | .175 | .043 | .062 | .027 | .014 | .187 | .042 | .000 | .052 | * | .056 | .006 | .008 |
| SPRING----- | .692 | .198 | .053 | .059 | .028 | .014 | .198 | .049 | .000 | .049 | * | .093 | .004 | .008 |
| SUMMER----- | .738 | .136 | .042 | .059 | .032 | .008 | .151 | .040 | .000 | .049 | .000 | .088 | .007 | .007 |
| FALL----- | .573 | .166 | .033 | .050 | .014 | .012 | .163 | .034 | .000 | .044 | .000 | .011 | .003 | .005 |
| WINTER----- | .647 | .199 | .042 | .079 | .030 | .021 | .235 | .046 | .000 | .066 | .000 | .027 | .008 | .012 |
| UNDER 1,000----- | .733 | .213 | .056 | .078 | .050 | .048 | .139 | .005 | .000 | .052 | .000 | .071 | .014 | .000 |
| 1,000-1,999----- | .600 | .113 | .111 | .018 | .093 | .016 | .138 | .038 | .000 | .016 | .000 | .061 | .000 | .029 |
| 2,000-2,999----- | .597 | .174 | .046 | .037 | .016 | .022 | .122 | .036 | .000 | .035 | .000 | .029 | .001 | .004 |
| 3,000-3,999----- | .552 | .099 | .051 | .043 | .035 | .007 | .127 | .020 | .000 | .032 | .000 | .054 | .008 | .011 |
| 4,000-4,999----- | .681 | .194 | .059 | .066 | .039 | .012 | .170 | .033 | .000 | .053 | .000 | .053 | .007 | .011 |
| 5,000-5,999----- | .611 | .158 | .038 | .067 | .021 | .009 | .171 | .047 | .000 | .056 | .000 | .064 | .006 | .007 |
| 6,000-6,999----- | .638 | .186 | .033 | .044 | .019 | .013 | .163 | .047 | .000 | .035 | * | .043 | .007 | .003 |
| 7,000-9,999----- | .788 | .217 | .035 | .076 | .023 | .016 | .255 | .056 | .000 | .062 | .000 | .059 | .008 | .008 |
| 10,000 AND OVER---- | .712 | .176 | .022 | .073 | .012 | .020 | .249 | .044 | .000 | .066 | .000 | .073 | .002 | .006 |

PERCENT OF HOUSEHOLDS USING IN A WEEK

| | | | | | | | | | | | | | | |
|----------------|------|------|------|------|------|------|------|------|----|------|----|------|-----|-----|
| ALL HOUSEHOLDS | | | | | | | | | | | | | | |
| SPRING----- | 98.3 | 72.0 | 20.9 | 28.3 | 11.5 | 16.2 | 70.8 | 27.3 | .0 | 24.3 | .2 | 32.4 | 3.7 | 3.2 |
| SUMMER----- | 97.4 | 61.4 | 17.0 | 32.0 | 13.1 | 11.1 | 59.5 | 24.2 | .0 | 27.5 | .0 | 36.6 | 3.9 | 3.3 |
| FALL----- | 99.2 | 58.0 | 20.6 | 22.1 | 6.1 | 12.2 | 58.0 | 19.8 | .0 | 19.8 | .0 | 6.1 | 1.5 | 1.5 |
| WINTER----- | 98.6 | 77.5 | 15.9 | 35.5 | 13.0 | 20.3 | 81.2 | 32.6 | .0 | 32.6 | .0 | 11.6 | 4.3 | 5.1 |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 16.--FRUIT (FRESH, PROCESSED)
--CONTINUED

NORTH CENTRAL

RURAL NONFARM

| SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 (1) | OTHER | | | | | | MIX- TURES (22) |
|--|------------------------|-----------------------------|-------------------|-----------------------------|------------------|-------------------|---------------------------|
| | TOTAL + (16) | CANNED | | FROZEN | | DRIED (21) | |
| | | COMMER- CIAL (17) | HOME . (18) | COMMER- CIAL (19) | HOME (20) | | |
| | | | | | | | |

QUANTITY PER PERSON PER WEEK (POUNDS)

| | | | | | | | |
|-----------------------|-------|------|------|------|------|------|------|
| ALL HOUSEHOLDS, YEAR- | 2.644 | .615 | .190 | .010 | .051 | .036 | .003 |
| SPRING----- | 2.268 | .693 | .244 | .013 | .056 | .036 | .003 |
| SUMMER----- | 3.337 | .447 | .152 | .009 | .063 | .023 | .002 |
| FALL----- | 2.749 | .644 | .172 | .009 | .022 | .030 | .002 |
| WINTER----- | 2.217 | .685 | .193 | .011 | .060 | .056 | .007 |
| UNDER 1,000----- | 2.586 | .850 | .260 | .033 | .148 | .150 | .000 |
| 1,000-1,999----- | 2.049 | .335 | .489 | .004 | .142 | .040 | .000 |
| 2,000-2,999----- | 2.723 | .690 | .215 | .001 | .028 | .054 | .000 |
| 3,000-3,999----- | 2.476 | .371 | .239 | .004 | .067 | .020 | .004 |
| 4,000-4,999----- | 2.733 | .695 | .227 | .013 | .079 | .032 | .005 |
| 5,000-5,999----- | 2.346 | .499 | .170 | .013 | .043 | .029 | .001 |
| 6,000-6,999----- | 2.732 | .670 | .146 | .005 | .051 | .034 | .007 |
| 7,000-9,999----- | 3.124 | .764 | .160 | .015 | .039 | .042 | .003 |
| 10,000 AND OVER---- | 2.542 | .587 | .109 | .013 | .022 | .045 | .008 |

MONEY VALUE PER PERSON PER WEEK (DOLLARS)

| | | | | | | | |
|-----------------------|------|------|------|------|------|------|------|
| ALL HOUSEHOLDS, YEAR- | .421 | .131 | .042 | .004 | .018 | .014 | .001 |
| SPRING----- | .400 | .148 | .053 | .006 | .021 | .014 | .001 |
| SUMMER----- | .497 | .096 | .041 | .003 | .025 | .008 | .001 |
| FALL----- | .399 | .130 | .033 | .003 | .009 | .012 | .001 |
| WINTER----- | .383 | .150 | .042 | .005 | .018 | .021 | .002 |
| UNDER 1,000----- | .523 | .208 | .056 | .011 | .050 | .048 | .000 |
| 1,000-1,999----- | .400 | .075 | .111 | .002 | .064 | .016 | .000 |
| 2,000-2,999----- | .446 | .138 | .046 | .001 | .012 | .022 | .000 |
| 3,000-3,999----- | .369 | .077 | .051 | .003 | .024 | .007 | .002 |
| 4,000-4,999----- | .457 | .159 | .056 | .006 | .028 | .012 | .002 |
| 5,000-5,999----- | .376 | .111 | .038 | .005 | .015 | .009 | * |
| 6,000-6,999----- | .429 | .136 | .033 | .002 | .016 | .013 | .003 |
| 7,000-9,999----- | .473 | .160 | .035 | .006 | .015 | .016 | .001 |
| 10,000 AND OVER---- | .388 | .127 | .022 | .005 | .005 | .020 | .003 |

PERCENT OF HOUSEHOLDS USING IN A WEEK

| | | | | | | | |
|----------------|------|------|------|-----|------|------|-----|
| ALL HOUSEHOLDS | | | | | | | |
| SPRING----- | 94.3 | 65.1 | 20.9 | 4.4 | 9.3 | 16.2 | 2.0 |
| SUMMER----- | 91.5 | 51.6 | 17.0 | 3.3 | 10.5 | 11.1 | 1.3 |
| FALL----- | 94.7 | 54.2 | 20.6 | 3.8 | 4.6 | 12.2 | 2.3 |
| WINTER----- | 96.4 | 73.2 | 15.9 | 4.3 | 8.7 | 20.3 | 4.3 |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 16.--FRUIT (FRESH, PROCESSED)
ALL SOURCES

NORTH CENTRAL

RURAL FARM

| SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 (1) | ALL FRUIT | | | | | | CITRUS | | | | OTHER VITAMIN-C RICH | | | |
|--|------------|----------------------------|------------------|----------------------------|-----------------|------------------|---|----------------------------|------------------|-----------------------------|----------------------|------------------------|-----------------------------|------------------|
| | TOTAL ‡ | CANNED | | FROZEN | | DRIED (7) | TOTAL (JUICE EQUIV- ALENT) ‡ (8) | CANNED | | FROZEN | | TOTAL ‡ (13) | FROZEN | |
| | | COMMER- CIAL (3) | HOME · (4) | COMMER- CIAL (5) | HOME (6) | | | COMMER- CIAL (9) | HOME (10) | COMMER- CIAL (11) | HOME (12) | | COMMER- CIAL (14) | HOME (15) |
| | | | | | | | | | | | | | | |

QUANTITY PER PERSON PER WEEK (POUNDS)

| | | | | | | | | | | | | | | |
|-----------------------|-------|------|------|------|------|------|-------|------|------|------|------|------|------|------|
| ALL HOUSEHOLDS, YEAR- | 4.284 | .741 | .388 | .122 | .152 | .050 | .938 | .233 | * | .099 | .000 | .264 | .009 | .040 |
| SPRING----- | 3.826 | .770 | .408 | .115 | .177 | .044 | .856 | .212 | .000 | .079 | .000 | .319 | .018 | .040 |
| SUMMER----- | 4.880 | .587 | .276 | .111 | .112 | .045 | .788 | .250 | .001 | .092 | .000 | .493 | .005 | .023 |
| FALL----- | 4.115 | .876 | .437 | .130 | .124 | .060 | .932 | .243 | .000 | .110 | .000 | .058 | .007 | .031 |
| WINTER----- | 4.227 | .772 | .471 | .138 | .210 | .054 | 1.288 | .225 | .000 | .123 | .000 | .088 | .007 | .075 |
| UNDER 1,000----- | 4.000 | .626 | .571 | .033 | .124 | .078 | .415 | .180 | .000 | .022 | .000 | .162 | .008 | .040 |
| 1,000-1,999----- | 3.687 | .548 | .547 | .065 | .225 | .022 | .512 | .172 | .000 | .046 | .000 | .363 | .003 | .072 |
| 2,000-2,999----- | 3.585 | .535 | .624 | .139 | .184 | .056 | .768 | .126 | .000 | .124 | .000 | .124 | .011 | .031 |
| 3,000-3,999----- | 4.159 | .596 | .253 | .102 | .140 | .081 | .727 | .127 | .000 | .088 | .000 | .224 | .005 | .036 |
| 4,000-4,999----- | 4.426 | .886 | .323 | .136 | .125 | .053 | .939 | .229 | .000 | .111 | .000 | .394 | .013 | .042 |
| 5,000-5,999----- | 4.012 | .725 | .322 | .115 | .147 | .047 | .855 | .238 | .000 | .081 | .000 | .236 | .016 | .027 |
| 6,000-6,999----- | 4.355 | .945 | .374 | .109 | .093 | .057 | 1.072 | .346 | .000 | .086 | .000 | .246 | .009 | .004 |
| 7,000-9,999----- | 5.193 | .922 | .401 | .124 | .189 | .044 | 1.183 | .332 | .002 | .094 | .000 | .408 | .007 | .067 |
| 10,000 AND OVER---- | 4.613 | .820 | .217 | .172 | .140 | .033 | 1.391 | .307 | .000 | .144 | .000 | .214 | .014 | .024 |

MONEY VALUE PER PERSON PER WEEK (DOLLARS)

| | | | | | | | | | | | | | | |
|-----------------------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|
| ALL HOUSEHOLDS, YEAR- | .698 | .143 | .086 | .048 | .059 | .018 | .150 | .037 | * | .039 | .000 | .067 | .004 | .018 |
| SPRING----- | .699 | .153 | .088 | .047 | .063 | .017 | .148 | .033 | .000 | .033 | .000 | .101 | .007 | .015 |
| SUMMER----- | .744 | .115 | .066 | .044 | .043 | .015 | .133 | .043 | * | .038 | .000 | .085 | .002 | .010 |
| FALL----- | .638 | .158 | .094 | .050 | .052 | .022 | .131 | .036 | .000 | .042 | .000 | .024 | .003 | .015 |
| WINTER----- | .697 | .153 | .104 | .055 | .085 | .019 | .201 | .033 | .000 | .047 | .000 | .043 | .003 | .037 |
| UNDER 1,000----- | .629 | .116 | .129 | .013 | .045 | .031 | .070 | .023 | .000 | .009 | .000 | .050 | .003 | .016 |
| 1,000-1,999----- | .641 | .099 | .116 | .027 | .089 | .009 | .084 | .026 | .000 | .021 | .000 | .108 | .002 | .032 |
| 2,000-2,999----- | .643 | .102 | .133 | .055 | .070 | .022 | .101 | .017 | .000 | .049 | .000 | .042 | .005 | .014 |
| 3,000-3,999----- | .585 | .113 | .051 | .040 | .057 | .020 | .116 | .018 | .000 | .035 | .000 | .054 | .002 | .017 |
| 4,000-4,999----- | .738 | .169 | .069 | .053 | .046 | .020 | .143 | .034 | .000 | .042 | .000 | .109 | .006 | .020 |
| 5,000-5,999----- | .662 | .145 | .074 | .048 | .057 | .017 | .136 | .035 | .000 | .033 | .000 | .057 | .007 | .012 |
| 6,000-6,999----- | .683 | .186 | .085 | .040 | .030 | .020 | .185 | .057 | .000 | .032 | .000 | .039 | .004 | .002 |
| 7,000-9,999----- | .838 | .180 | .100 | .049 | .080 | .017 | .209 | .058 | .001 | .040 | .000 | .092 | .003 | .031 |
| 10,000 AND OVER---- | .759 | .155 | .045 | .070 | .050 | .012 | .217 | .048 | .000 | .057 | .000 | .055 | .006 | .011 |

PERCENT OF HOUSEHOLDS USING IN A WEEK

| | | | | | | | | | | | | | | |
|----------------|------|------|------|------|------|------|------|------|----|------|----|------|-----|------|
| ALL HOUSEHOLDS | | | | | | | | | | | | | | |
| SPRING----- | 99.2 | 68.5 | 38.8 | 25.4 | 24.6 | 19.1 | 64.6 | 25.0 | .0 | 19.6 | .0 | 30.2 | 5.0 | 8.0 |
| SUMMER----- | 98.3 | 54.4 | 29.9 | 22.0 | 13.3 | 14.9 | 55.6 | 22.0 | .4 | 19.1 | .0 | 33.6 | 2.1 | 4.6 |
| FALL----- | 98.8 | 63.8 | 35.8 | 25.3 | 19.8 | 23.7 | 61.5 | 21.4 | .0 | 23.0 | .0 | 11.3 | 2.7 | 6.2 |
| WINTER----- | 98.6 | 65.9 | 41.2 | 33.2 | 23.2 | 17.5 | 74.4 | 22.7 | .0 | 29.4 | .0 | 14.7 | 3.3 | 10.4 |

* SEE NOTES FOLLOWING WEST, TABLE 18.

YEAR BY SEASON 1965-1966 AND BY INCOME

TABLE 16.--FRUIT (FRESH, PROCESSED)
--CONTINUED ALL SOURCES

NORTH CENTRAL

RURAL FARM

| SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 (1) | OTHER | | | | | | MIX- TURES (22) |
|--|------------------------|-------------------------|--------------|-------------------------|--------------|-------------------|---------------------------|
| | TOTAL * (16) | CANNED | | FROZEN | | DRIED (21) | |
| | | COMMER- CIAL (17) | HOME (18) | COMMER- CIAL (19) | HOME (20) | | |

QUANTITY PER PERSON PER WEEK (POUNDS)

| | | | | | | | |
|-----------------------|-------|------|------|------|------|------|------|
| ALL HOUSEHOLDS, YEAR- | 3.040 | .505 | .385 | .014 | .112 | .050 | .002 |
| SPRING----- | 2.562 | .555 | .406 | .018 | .137 | .044 | .002 |
| SUMMER----- | 3.674 | .336 | .275 | .014 | .089 | .045 | * |
| FALL----- | 3.173 | .631 | .433 | .012 | .094 | .060 | .002 |
| WINTER----- | 2.591 | .542 | .464 | .009 | .136 | .054 | .006 |
| UNDER 1,000----- | 3.337 | .446 | .571 | .003 | .084 | .078 | .000 |
| 1,000-1,999----- | 2.764 | .373 | .539 | .016 | .153 | .022 | .003 |
| 2,000-2,999----- | 2.885 | .407 | .624 | .003 | .153 | .056 | * |
| 3,000-3,999----- | 3.150 | .459 | .252 | .009 | .103 | .081 | .010 |
| 4,000-4,999----- | 3.116 | .653 | .323 | .012 | .083 | .053 | .003 |
| 5,000-5,999----- | 2.844 | .484 | .315 | .019 | .120 | .047 | .003 |
| 6,000-6,999----- | 2.880 | .596 | .374 | .014 | .089 | .057 | .001 |
| 7,000-9,999----- | 3.400 | .589 | .393 | .022 | .122 | .044 | .001 |
| 10,000 AND OVER---- | 2.970 | .514 | .214 | .013 | .116 | .033 | * |

MONEY VALUE PER PERSON PER WEEK (DOLLARS)

| | | | | | | | |
|-----------------------|------|------|------|------|------|------|------|
| ALL HOUSEHOLDS, YEAR- | .480 | .105 | .085 | .005 | .041 | .018 | .001 |
| SPRING----- | .449 | .119 | .087 | .007 | .048 | .017 | .001 |
| SUMMER----- | .526 | .071 | .066 | .004 | .033 | .015 | * |
| FALL----- | .482 | .121 | .093 | .005 | .036 | .022 | .001 |
| WINTER----- | .451 | .118 | .101 | .004 | .048 | .019 | .002 |
| UNDER 1,000----- | .509 | .092 | .129 | .001 | .029 | .031 | .000 |
| 1,000-1,999----- | .448 | .072 | .113 | .005 | .057 | .009 | .001 |
| 2,000-2,999----- | .500 | .084 | .133 | .001 | .056 | .022 | * |
| 3,000-3,999----- | .411 | .090 | .050 | .003 | .040 | .020 | .004 |
| 4,000-4,999----- | .485 | .134 | .069 | .005 | .026 | .020 | .001 |
| 5,000-5,999----- | .468 | .110 | .071 | .008 | .045 | .017 | .001 |
| 6,000-6,999----- | .459 | .128 | .085 | .003 | .029 | .020 | * |
| 7,000-9,999----- | .536 | .122 | .097 | .006 | .049 | .017 | * |
| 10,000 AND OVER---- | .487 | .106 | .044 | .006 | .038 | .012 | * |

PERCENT OF HOUSEHOLDS USING IN A WEEK

| | | | | | | | |
|----------------|------|------|------|-----|------|------|-----|
| ALL HOUSEHOLDS | | | | | | | |
| SPRING----- | 97.7 | 63.6 | 38.8 | 6.3 | 20.0 | 19.1 | 1.7 |
| SUMMER----- | 97.1 | 47.7 | 29.9 | 2.5 | 10.8 | 14.9 | .4 |
| FALL----- | 97.3 | 56.4 | 35.8 | 4.7 | 15.2 | 23.7 | .8 |
| WINTER----- | 96.7 | 59.7 | 40.8 | 3.8 | 16.6 | 17.5 | 1.9 |

* SEE NOTES FOLLOWING WEST, TABLE 18.

YEAR BY SEASON 1965-1966 AND BY INCOME

TABLE 16.--FRUIT (FRESH, PROCESSED)

NORTH CENTRAL

RURAL FARM

HOME-PRODUCED

| SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 (1) | ALL FRUIT | | | | | | CITRUS | | | | OTHER VITAMIN-C RICH * | | | |
|--|-----------------------|----------------------------|-----------------|----------------------------|-----------------|------------------|---|----------------------------|------------------|-----------------------------|------------------------|------------------------|-----------------------------|------------------|
| | TOTAL ‡ (2) | CANNED | | FROZEN | | DRIED (7) | TOTAL (JUICE EQUIV- ALENT) ‡ (8) | CANNED | | FROZEN | | TOTAL ‡ (13) | FROZEN | |
| | | COMMER- CIAL (3) | HOME (4) | COMMER- CIAL (5) | HOME (6) | | | COMMER- CIAL (9) | HOME (10) | COMMER- CIAL (11) | HOME (12) | | COMMER- CIAL (14) | HOME (15) |
| | | | | | | | | | | | | | | |

QUANTITY PER PERSON PER WEEK (POUNDS)

| | | | | | | | | | | | | | | |
|------------------------|-------|------|------|------|------|------|------|------|------|------|------|------|------|------|
| ALL HOUSEHOLDS, YEAR-- | .893 | .000 | .291 | .000 | .124 | .002 | * | .000 | .000 | .000 | .000 | .104 | .000 | .035 |
| SPRING----- | .808 | .000 | .317 | .000 | .148 | .000 | * | .000 | .000 | .000 | .000 | .165 | .000 | .032 |
| SUMMER----- | 1.212 | .000 | .217 | .000 | .084 | .007 | .000 | .000 | .000 | .000 | .000 | .113 | .000 | .021 |
| FALL----- | .850 | .000 | .295 | .000 | .103 | .000 | .000 | .000 | .000 | .000 | .000 | .043 | .000 | .026 |
| WINTER----- | .582 | .000 | .361 | .000 | .177 | .000 | .001 | .000 | .000 | .000 | .000 | .076 | .000 | .070 |
| UNDER 1,000----- | 1.291 | .000 | .327 | .000 | .101 | .056 | .000 | .000 | .000 | .000 | .000 | .095 | .000 | .023 |
| 1,000-1,999----- | 1.529 | .000 | .447 | .000 | .222 | .000 | .000 | .000 | .000 | .000 | .000 | .303 | .000 | .072 |
| 2,000-2,999----- | 1.005 | .000 | .488 | .000 | .132 | .000 | .001 | .000 | .000 | .000 | .000 | .063 | .000 | .026 |
| 3,000-3,999----- | .825 | .000 | .183 | .000 | .137 | .000 | .000 | .000 | .000 | .000 | .000 | .126 | .000 | .036 |
| 4,000-4,999----- | .974 | .000 | .243 | .000 | .086 | .000 | .000 | .000 | .000 | .000 | .000 | .156 | .000 | .034 |
| 5,000-5,999----- | .832 | .000 | .259 | .000 | .124 | .000 | .000 | .000 | .000 | .000 | .000 | .081 | .000 | .022 |
| 6,000-6,999----- | .693 | .000 | .301 | .000 | .084 | .000 | .001 | .000 | .000 | .000 | .000 | .029 | .000 | .004 |
| 7,000-9,999----- | .864 | .000 | .311 | .000 | .156 | .000 | .000 | .000 | .000 | .000 | .000 | .107 | .000 | .062 |
| 10,000 AND OVER---- | .605 | .000 | .112 | .000 | .098 | .000 | .000 | .000 | .000 | .000 | .000 | .064 | .000 | .024 |

MONEY VALUE PER PERSON PER WEEK (DOLLARS)

| | | | | | | | | | | | | | | |
|------------------------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|
| ALL HOUSEHOLDS, YEAR-- | .200 | .000 | .065 | .000 | .049 | .001 | * | .000 | .000 | .000 | .000 | .037 | .000 | .016 |
| SPRING----- | .204 | .000 | .068 | .000 | .054 | .000 | * | .000 | .000 | .000 | .000 | .059 | .000 | .012 |
| SUMMER----- | .258 | .000 | .054 | .000 | .032 | .003 | .000 | .000 | .000 | .000 | .000 | .031 | .000 | .010 |
| FALL----- | .156 | .000 | .065 | .000 | .043 | .000 | .000 | .000 | .000 | .000 | .000 | .018 | .000 | .013 |
| WINTER----- | .160 | .000 | .080 | .000 | .075 | .000 | * | .000 | .000 | .000 | .000 | .037 | .000 | .035 |
| UNDER 1,000----- | .286 | .000 | .080 | .000 | .037 | .025 | .000 | .000 | .000 | .000 | .000 | .036 | .000 | .010 |
| 1,000-1,999----- | .341 | .000 | .096 | .000 | .088 | .000 | .000 | .000 | .000 | .000 | .000 | .095 | .000 | .032 |
| 2,000-2,999----- | .238 | .000 | .106 | .000 | .051 | .000 | * | .000 | .000 | .000 | .000 | .024 | .000 | .012 |
| 3,000-3,999----- | .180 | .000 | .036 | .000 | .056 | .000 | .000 | .000 | .000 | .000 | .000 | .039 | .000 | .017 |
| 4,000-4,999----- | .193 | .000 | .053 | .000 | .034 | .000 | .000 | .000 | .000 | .000 | .000 | .057 | .000 | .016 |
| 5,000-5,999----- | .172 | .000 | .061 | .000 | .047 | .000 | .000 | .000 | .000 | .000 | .000 | .025 | .000 | .010 |
| 6,000-6,999----- | .152 | .000 | .071 | .000 | .028 | .000 | .001 | .000 | .000 | .000 | .000 | .010 | .000 | .002 |
| 7,000-9,999----- | .219 | .000 | .080 | .000 | .067 | .000 | .000 | .000 | .000 | .000 | .000 | .044 | .000 | .028 |
| 10,000 AND OVER---- | .147 | .000 | .023 | .000 | .037 | .000 | .000 | .000 | .000 | .000 | .000 | .025 | .000 | .011 |

PERCENT OF HOUSEHOLDS USING IN A WEEK

| | | | | | | | | | | | | | | |
|----------------|------|----|------|----|------|----|----|----|----|----|----|------|----|-----|
| ALL HOUSEHOLDS | 57.6 | .0 | 31.0 | .0 | 21.9 | .0 | .2 | .0 | .0 | .0 | .0 | 15.3 | .0 | 6.7 |
| SPRING----- | 63.5 | .0 | 23.7 | .0 | 10.8 | .4 | .0 | .0 | .0 | .0 | .0 | 10.0 | .0 | 4.1 |
| SUMMER----- | 49.8 | .0 | 27.2 | .0 | 17.1 | .0 | .0 | .0 | .0 | .0 | .0 | 6.6 | .0 | 5.1 |
| FALL----- | 44.5 | .0 | 34.1 | .0 | 19.9 | .0 | .5 | .0 | .0 | .0 | .0 | 10.4 | .0 | 9.5 |
| WINTER----- | | | | | | | | | | | | | | |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 16.--FRUIT (FRESH, PROCESSED)

NORTH CENTRAL

RURAL FARM

--CONTINUED

HOME-PRODUCED

| SEASON AND MONEY INCOME AFTER TAXES 1964-1965 (1) | OTHER | | | | | | MIX- TURES (22) |
|---|------------------------|-----------------------------|------------------|-----------------------------|------------------|-------------------|---------------------------|
| | TOTAL + (16) | CANNED | | FROZEN | | DRIED (21) | |
| | | COMMER- CIAL (17) | HOME (18) | COMMER- CIAL (19) | HOME (20) | | |

QUANTITY PER PERSON PER WEEK (POUNDS)

| | | | | | | | |
|------------------------|-------|------|------|------|------|------|------|
| ALL HOUSEHOLDS, YEAR-- | .789 | .000 | .289 | .000 | .089 | .002 | .000 |
| SPRING----- | .642 | .000 | .315 | .000 | .116 | .000 | .000 |
| SUMMER----- | 1.099 | .000 | .217 | .000 | .063 | .007 | .000 |
| FALL----- | .808 | .000 | .292 | .000 | .077 | .000 | .000 |
| WINTER----- | .504 | .000 | .355 | .000 | .107 | .000 | .000 |
| UNDER 1,000----- | 1.195 | .000 | .327 | .000 | .078 | .056 | .000 |
| 1,000-1,999----- | 1.226 | .000 | .439 | .000 | .150 | .000 | .000 |
| 2,000-2,999----- | .940 | .000 | .488 | .000 | .106 | .000 | .000 |
| 3,000-3,999----- | .699 | .000 | .182 | .000 | .101 | .000 | .000 |
| 4,000-4,999----- | .818 | .000 | .243 | .000 | .052 | .000 | .000 |
| 5,000-5,999----- | .751 | .000 | .252 | .000 | .101 | .000 | .000 |
| 6,000-6,999----- | .661 | .000 | .301 | .000 | .080 | .000 | .000 |
| 7,000-9,999----- | .757 | .000 | .306 | .000 | .094 | .000 | .000 |
| 10,000 AND OVER---- | .541 | .000 | .112 | .000 | .074 | .000 | .000 |

MONEY VALUE PER PERSON PER WEEK (DOLLARS)

| | | | | | | | |
|------------------------|------|------|------|------|------|------|------|
| ALL HOUSEHOLDS, YEAR-- | .163 | .000 | .065 | .000 | .033 | .001 | .000 |
| SPRING----- | .144 | .000 | .067 | .000 | .041 | .000 | .000 |
| SUMMER----- | .228 | .000 | .054 | .000 | .023 | .003 | .000 |
| FALL----- | .138 | .000 | .064 | .000 | .030 | .000 | .000 |
| WINTER----- | .123 | .000 | .078 | .000 | .040 | .000 | .000 |
| UNDER 1,000----- | .249 | .000 | .080 | .000 | .026 | .025 | .000 |
| 1,000-1,999----- | .247 | .000 | .093 | .000 | .056 | .000 | .000 |
| 2,000-2,999----- | .214 | .000 | .106 | .000 | .039 | .000 | .000 |
| 3,000-3,999----- | .141 | .000 | .035 | .000 | .040 | .000 | .000 |
| 4,000-4,999----- | .136 | .000 | .053 | .000 | .018 | .000 | .000 |
| 5,000-5,999----- | .147 | .000 | .058 | .000 | .036 | .000 | .000 |
| 6,000-6,999----- | .141 | .000 | .071 | .000 | .027 | .000 | .000 |
| 7,000-9,999----- | .175 | .000 | .078 | .000 | .038 | .000 | .000 |
| 10,000 AND OVER---- | .122 | .000 | .023 | .000 | .026 | .000 | .000 |

PERCENT OF HOUSEHOLDS USING IN A WEEK

| | | | | | | | |
|----------------|------|----|------|----|------|----|----|
| ALL HOUSEHOLDS | | | | | | | |
| SPRING----- | 52.6 | .0 | 31.0 | .0 | 17.5 | .0 | .0 |
| SUMMER----- | 59.8 | .0 | 23.7 | .0 | 7.9 | .4 | .0 |
| FALL----- | 47.1 | .0 | 27.2 | .0 | 13.2 | .0 | .0 |
| WINTER----- | 41.7 | .0 | 34.1 | .0 | 13.7 | .0 | .0 |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 17.--GRAIN PRODUCTS

NORTH CENTRAL

ALL URBANIZATION

| SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 (1) | ENRICHED, WHOLE GRAIN | | | | | NOT ENRICHED OR WHOLE GRAIN | | | | | |
|--|---|--------------|--------------------------|--------------|---|---|--------------|--------------------------|---------------|--|--------------------------------|
| | TOTAL (FLOUR EQUIV- ALENT) ‡ (2) | FLOUR (3) | CEREAL, PASTES (4) | BREAD (5) | OTHER BAKERY PROD- UCTS (6) | TOTAL (FLOUR EQUIV- ALENT) ‡ (7) | FLOUR (8) | CEREAL, PASTES (9) | BREAD (10) | OTHER BAKERY PROD- UCTS (11) | SOUP, MIX- TURES (12) |
| QUANTITY PER PERSON PER WEEK (POUNDS) | | | | | | | | | | | |
| ALL HOUSEHOLDS, YEAR- | 1.862 | .479 | .553 | 1.235 | .177 | .569 | .124 | .060 | .110 | .723 | .264 |
| SPRING----- | 1.864 | .454 | .554 | 1.255 | .194 | .570 | .125 | .067 | .107 | .731 | .259 |
| SUMMER----- | 1.806 | .425 | .538 | 1.229 | .216 | .567 | .125 | .046 | .100 | .785 | .241 |
| FALL----- | 1.889 | .525 | .532 | 1.258 | .155 | .551 | .112 | .054 | .120 | .688 | .275 |
| WINTER----- | 1.894 | .520 | .589 | 1.197 | .139 | .586 | .135 | .073 | .112 | .682 | .284 |
| UNDER 1,000----- | 2.210 | .723 | .691 | 1.170 | .163 | .490 | .063 | .066 | .103 | .621 | .165 |
| 1,000-1,999----- | 2.060 | .716 | .647 | 1.043 | .136 | .499 | .114 | .085 | .068 | .585 | .198 |
| 2,000-2,999----- | 2.324 | .834 | .643 | 1.307 | .128 | .543 | .130 | .086 | .082 | .595 | .230 |
| 3,000-3,999----- | 1.971 | .630 | .554 | 1.205 | .132 | .513 | .116 | .088 | .055 | .575 | .239 |
| 4,000-4,999----- | 2.058 | .639 | .600 | 1.215 | .183 | .568 | .140 | .079 | .089 | .682 | .270 |
| 5,000-5,999----- | 1.955 | .534 | .554 | 1.262 | .235 | .550 | .118 | .059 | .090 | .698 | .233 |
| 6,000-6,999----- | 1.798 | .426 | .530 | 1.292 | .137 | .552 | .118 | .046 | .102 | .753 | .262 |
| 7,000-7,999----- | 1.773 | .377 | .532 | 1.313 | .154 | .613 | .138 | .053 | .130 | .791 | .311 |
| 8,000-8,999----- | 1.761 | .398 | .516 | 1.235 | .203 | .570 | .120 | .056 | .120 | .743 | .294 |
| 9,000-9,999----- | 1.632 | .310 | .535 | 1.163 | .170 | .580 | .122 | .045 | .153 | .793 | .300 |
| 10,000-14,999----- | 1.728 | .319 | .565 | 1.227 | .213 | .638 | .142 | .045 | .156 | .859 | .283 |
| 15,000 AND OVER---- | 1.427 | .230 | .451 | 1.064 | .201 | .693 | .102 | .050 | .184 | .893 | .310 |
| MONEY VALUE PER PERSON PER WEEK (DOLLARS) | | | | | | | | | | | |
| ALL HOUSEHOLDS, YEAR- | .546 | .054 | .188 | .244 | .059 | .516 | .039 | .013 | .032 | .329 | .102 |
| SPRING----- | .547 | .050 | .189 | .241 | .068 | .509 | .037 | .013 | .030 | .327 | .101 |
| SUMMER----- | .538 | .050 | .186 | .243 | .059 | .523 | .038 | .011 | .028 | .346 | .099 |
| FALL----- | .547 | .060 | .181 | .250 | .056 | .503 | .035 | .014 | .035 | .318 | .099 |
| WINTER----- | .552 | .059 | .197 | .244 | .052 | .528 | .044 | .015 | .034 | .324 | .110 |
| UNDER 1,000----- | .546 | .069 | .187 | .236 | .054 | .362 | .019 | .014 | .027 | .248 | .054 |
| 1,000-1,999----- | .503 | .075 | .172 | .211 | .044 | .378 | .031 | .014 | .018 | .243 | .070 |
| 2,000-2,999----- | .559 | .090 | .185 | .242 | .042 | .396 | .036 | .016 | .021 | .240 | .083 |
| 3,000-3,999----- | .514 | .067 | .174 | .230 | .043 | .385 | .036 | .020 | .015 | .236 | .077 |
| 4,000-4,999----- | .548 | .073 | .189 | .225 | .061 | .467 | .040 | .017 | .027 | .277 | .106 |
| 5,000-5,999----- | .545 | .059 | .187 | .245 | .054 | .456 | .037 | .012 | .026 | .293 | .087 |
| 6,000-6,999----- | .541 | .050 | .185 | .255 | .051 | .508 | .038 | .010 | .029 | .340 | .091 |
| 7,000-7,999----- | .547 | .044 | .192 | .253 | .057 | .592 | .044 | .016 | .037 | .373 | .122 |
| 8,000-8,999----- | .559 | .050 | .190 | .244 | .075 | .541 | .039 | .011 | .033 | .339 | .116 |
| 9,000-9,999----- | .541 | .037 | .187 | .250 | .067 | .595 | .039 | .011 | .042 | .375 | .127 |
| 10,000-14,999----- | .588 | .040 | .210 | .258 | .080 | .668 | .047 | .012 | .047 | .432 | .127 |
| 15,000 AND OVER---- | .528 | .029 | .182 | .235 | .082 | .756 | .032 | .012 | .064 | .516 | .128 |
| PERCENT OF HOUSEHOLDS USING IN A WEEK | | | | | | | | | | | |
| ALL HOUSEHOLDS | | | | | | | | | | | |
| SPRING----- | 99.7 | 70.3 | 90.1 | 95.2 | 47.1 | 94.9 | 29.3 | 26.2 | 25.4 | 88.2 | 45.6 |
| SUMMER----- | 99.8 | 70.6 | 88.5 | 95.2 | 41.7 | 93.3 | 30.2 | 21.3 | 23.2 | 85.7 | 41.0 |
| FALL----- | 99.5 | 69.8 | 90.5 | 93.9 | 40.5 | 95.1 | 24.3 | 23.4 | 24.5 | 89.0 | 46.8 |
| WINTER----- | 100.0 | 74.1 | 91.9 | 94.9 | 40.5 | 97.0 | 31.8 | 28.9 | 27.7 | 89.9 | 52.5 |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 17.--GRAIN PRODUCTS

NORTH CENTRAL

URBAN

| SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 (1) | ENRICHED, WHOLE GRAIN | | | | | NOT ENRICHED OR WHOLE GRAIN | | | | | |
|--|---|--------------|--------------------------|--------------|---|---|--------------|--------------------------|---------------|--|--------------------------------|
| | TOTAL (FLOUR EQUIV- ALENT) * (2) | FLOUR (3) | CEREAL, PASTES (4) | BREAD (5) | OTHER BAKERY PROD- UCTS (6) | TOTAL (FLOUR EQUIV- ALENT) * (7) | FLOUR (8) | CEREAL, PASTES (9) | BREAD (10) | OTHER BAKERY PROD- UCTS (11) | SOUP, MIX- TURES (12) |
| QUANTITY PER PERSON PER WEEK (POUNDS) | | | | | | | | | | | |
| ALL HOUSEHOLDS, YEAR- | 1.712 | .348 | .537 | 1.224 | .185 | .586 | .109 | .054 | .124 | .774 | .276 |
| SPRING----- | 1.698 | .315 | .540 | 1.223 | .202 | .580 | .104 | .056 | .123 | .775 | .270 |
| SUMMER----- | 1.631 | .281 | .519 | 1.198 | .233 | .571 | .108 | .045 | .109 | .822 | .239 |
| FALL----- | 1.763 | .399 | .513 | 1.281 | .163 | .583 | .104 | .046 | .136 | .765 | .285 |
| WINTER----- | 1.766 | .406 | .578 | 1.194 | .135 | .611 | .122 | .068 | .128 | .731 | .313 |
| UNDER 1,000----- | 1.741 | .430 | .593 | 1.054 | .149 | .497 | .022 | .049 | .114 | .670 | .193 |
| 1,000-1,999----- | 1.719 | .433 | .614 | 1.008 | .136 | .554 | .120 | .075 | .091 | .686 | .236 |
| 2,000-2,999----- | 2.009 | .536 | .579 | 1.381 | .131 | .598 | .101 | .099 | .106 | .655 | .270 |
| 3,000-3,999----- | 1.693 | .420 | .507 | 1.174 | .125 | .516 | .094 | .096 | .058 | .600 | .301 |
| 4,000-4,999----- | 1.945 | .516 | .655 | 1.167 | .148 | .605 | .151 | .075 | .105 | .689 | .303 |
| 5,000-5,999----- | 1.800 | .372 | .561 | 1.219 | .287 | .553 | .106 | .050 | .085 | .723 | .248 |
| 6,000-6,999----- | 1.711 | .363 | .511 | 1.276 | .141 | .548 | .088 | .041 | .112 | .790 | .238 |
| 7,000-7,999----- | 1.725 | .343 | .515 | 1.329 | .139 | .615 | .122 | .047 | .148 | .804 | .311 |
| 8,000-8,999----- | 1.681 | .337 | .480 | 1.255 | .209 | .558 | .110 | .049 | .125 | .769 | .280 |
| 9,000-9,999----- | 1.480 | .236 | .532 | 1.060 | .143 | .581 | .092 | .041 | .169 | .851 | .262 |
| 10,000-14,999----- | 1.662 | .245 | .560 | 1.227 | .233 | .673 | .135 | .042 | .166 | .937 | .294 |
| 15,000 AND OVER---- | 1.313 | .141 | .442 | 1.041 | .195 | .681 | .076 | .035 | .204 | .912 | .314 |
| MONEY VALUE PER PERSON PER WEEK (DOLLARS) | | | | | | | | | | | |
| ALL HOUSEHOLDS, YEAR- | .530 | .042 | .186 | .241 | .060 | .553 | .034 | .012 | .036 | .364 | .106 |
| SPRING----- | .528 | .037 | .185 | .233 | .073 | .546 | .031 | .012 | .035 | .360 | .108 |
| SUMMER----- | .512 | .034 | .184 | .238 | .056 | .541 | .033 | .011 | .031 | .372 | .092 |
| FALL----- | .542 | .049 | .180 | .253 | .060 | .555 | .031 | .013 | .040 | .366 | .103 |
| WINTER----- | .539 | .050 | .196 | .242 | .051 | .574 | .041 | .014 | .038 | .359 | .121 |
| UNDER 1,000----- | .491 | .048 | .183 | .210 | .051 | .390 | .007 | .010 | .031 | .276 | .067 |
| 1,000-1,999----- | .468 | .052 | .169 | .201 | .046 | .450 | .031 | .014 | .023 | .298 | .084 |
| 2,000-2,999----- | .531 | .061 | .179 | .247 | .044 | .447 | .030 | .018 | .026 | .272 | .102 |
| 3,000-3,999----- | .468 | .049 | .164 | .217 | .037 | .421 | .026 | .024 | .016 | .257 | .095 |
| 4,000-4,999----- | .512 | .059 | .192 | .216 | .043 | .497 | .041 | .017 | .032 | .287 | .120 |
| 5,000-5,999----- | .524 | .045 | .186 | .236 | .057 | .472 | .034 | .010 | .024 | .308 | .095 |
| 6,000-6,999----- | .532 | .044 | .180 | .254 | .053 | .516 | .027 | .009 | .034 | .364 | .081 |
| 7,000-7,999----- | .533 | .040 | .188 | .253 | .053 | .600 | .038 | .016 | .042 | .386 | .117 |
| 8,000-8,999----- | .550 | .045 | .179 | .247 | .078 | .546 | .035 | .009 | .034 | .359 | .106 |
| 9,000-9,999----- | .506 | .029 | .185 | .235 | .058 | .612 | .028 | .010 | .047 | .407 | .118 |
| 10,000-14,999----- | .589 | .034 | .211 | .258 | .087 | .717 | .044 | .012 | .049 | .481 | .127 |
| 15,000 AND OVER---- | .514 | .021 | .182 | .230 | .081 | .773 | .026 | .009 | .064 | .543 | .128 |
| PERCENT OF HOUSEHOLDS USING IN A WEEK | | | | | | | | | | | |
| ALL HOUSEHOLDS | | | | | | | | | | | |
| SPRING----- | 99.7 | 64.8 | 88.5 | 95.5 | 48.1 | 94.4 | 25.0 | 23.0 | 28.1 | 88.0 | 47.3 |
| SUMMER----- | 100.0 | 65.2 | 88.4 | 95.5 | 41.2 | 95.0 | 27.4 | 19.8 | 24.3 | 87.9 | 42.7 |
| FALL----- | 99.2 | 66.1 | 90.4 | 93.6 | 41.1 | 95.5 | 24.0 | 21.1 | 26.1 | 90.4 | 48.0 |
| WINTER----- | 100.0 | 71.5 | 91.0 | 94.2 | 40.0 | 96.4 | 29.3 | 25.8 | 31.8 | 91.2 | 55.3 |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 17.--GRAIN PRODUCTS

NORTH CENTRAL

RURAL NONFARM

| SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 (1) | ENRICHED, WHOLE GRAIN | | | | | NOT ENRICHED OR WHOLE GRAIN | | | | | |
|--|---|--------------|--------------------------|--------------|---|---|--------------|--------------------------|---------------|--|--------------------------------|
| | TOTAL (FLOUR EQUIV- ALENT) † (2) | FLOUR (3) | CEREAL, PASTES (4) | BREAD (5) | OTHER BAKERY PROD- UCTS (6) | TOTAL (FLOUR EQUIV- ALENT) † (7) | FLOUR (8) | CEREAL, PASTES (9) | BREAD (10) | OTHER BAKERY PROD- UCTS (11) | SOUP, MIX- TURES (12) |
| QUANTITY PER PERSON PER WEEK (POUNDS) | | | | | | | | | | | |
| ALL HOUSEHOLDS, YEAR-- | 1.991 | .590 | .571 | 1.250 | .162 | .539 | .146 | .064 | .091 | .646 | .272 |
| SPRING----- | 2.047 | .572 | .572 | 1.347 | .182 | .559 | .161 | .085 | .083 | .665 | .267 |
| SUMMER----- | 1.964 | .549 | .555 | 1.279 | .186 | .552 | .143 | .032 | .086 | .748 | .282 |
| FALL----- | 1.962 | .638 | .557 | 1.179 | .124 | .490 | .116 | .061 | .103 | .552 | .292 |
| WINTER----- | 1.991 | .609 | .599 | 1.188 | .151 | .550 | .158 | .081 | .094 | .606 | .248 |
| UNDER 1,000----- | 2.117 | .570 | .748 | 1.222 | .128 | .487 | .062 | .051 | .116 | .695 | .170 |
| 1,000-1,999----- | 2.415 | 1.018 | .710 | 1.028 | .119 | .425 | .064 | .081 | .051 | .512 | .155 |
| 2,000-2,999----- | 2.605 | 1.108 | .741 | 1.181 | .108 | .435 | .133 | .040 | .051 | .504 | .238 |
| 3,000-3,999----- | 2.086 | .657 | .571 | 1.310 | .143 | .486 | .132 | .072 | .041 | .525 | .160 |
| 4,000-4,999----- | 2.034 | .622 | .524 | 1.283 | .241 | .558 | .128 | .091 | .076 | .730 | .278 |
| 5,000-5,999----- | 2.135 | .715 | .537 | 1.343 | .158 | .561 | .133 | .074 | .111 | .680 | .226 |
| 6,000-6,999----- | 1.888 | .472 | .571 | 1.312 | .123 | .561 | .195 | .048 | .087 | .677 | .332 |
| 7,000-9,999----- | 1.788 | .384 | .573 | 1.222 | .195 | .585 | .161 | .062 | .103 | .692 | .364 |
| 10,000 AND OVER---- | 1.765 | .421 | .556 | 1.191 | .152 | .587 | .193 | .071 | .139 | .645 | .302 |
| MONEY VALUE PER PERSON PER WEEK (DOLLARS) | | | | | | | | | | | |
| ALL HOUSEHOLDS, YEAR-- | .564 | .067 | .192 | .249 | .056 | .473 | .047 | .014 | .028 | .274 | .109 |
| SPRING----- | .580 | .062 | .195 | .262 | .060 | .463 | .049 | .016 | .024 | .276 | .097 |
| SUMMER----- | .568 | .068 | .190 | .247 | .063 | .524 | .045 | .008 | .026 | .312 | .134 |
| FALL----- | .537 | .069 | .181 | .244 | .044 | .426 | .042 | .014 | .033 | .233 | .105 |
| WINTER----- | .567 | .067 | .201 | .243 | .055 | .471 | .053 | .017 | .029 | .271 | .100 |
| UNDER 1,000----- | .536 | .055 | .185 | .248 | .048 | .398 | .020 | .014 | .032 | .282 | .050 |
| 1,000-1,999----- | .527 | .099 | .176 | .218 | .034 | .308 | .017 | .014 | .014 | .196 | .061 |
| 2,000-2,999----- | .572 | .124 | .195 | .220 | .033 | .326 | .035 | .009 | .015 | .187 | .080 |
| 3,000-3,999----- | .562 | .070 | .183 | .257 | .052 | .334 | .049 | .013 | .011 | .208 | .053 |
| 4,000-4,999----- | .589 | .079 | .189 | .233 | .088 | .482 | .038 | .019 | .023 | .290 | .113 |
| 5,000-5,999----- | .573 | .076 | .187 | .261 | .048 | .452 | .042 | .016 | .034 | .280 | .080 |
| 6,000-6,999----- | .546 | .054 | .196 | .254 | .043 | .508 | .065 | .011 | .020 | .293 | .120 |
| 7,000-9,999----- | .569 | .047 | .205 | .249 | .069 | .560 | .055 | .014 | .030 | .309 | .151 |
| 10,000 AND OVER---- | .570 | .052 | .198 | .262 | .057 | .607 | .063 | .015 | .056 | .303 | .167 |
| PERCENT OF HOUSEHOLDS USING IN A WEEK | | | | | | | | | | | |
| ALL HOUSEHOLDS | | | | | | | | | | | |
| SPRING----- | 99.5 | 79.1 | 92.6 | 95.1 | 45.2 | 95.8 | 35.4 | 31.0 | 21.6 | 88.9 | 45.2 |
| SUMMER----- | 99.3 | 76.5 | 86.3 | 94.8 | 41.8 | 88.9 | 34.0 | 19.6 | 20.9 | 81.0 | 39.2 |
| FALL----- | 100.0 | 71.8 | 89.3 | 94.7 | 35.9 | 93.9 | 19.8 | 24.4 | 23.7 | 87.0 | 47.3 |
| WINTER----- | 100.0 | 76.1 | 93.5 | 97.1 | 42.0 | 98.6 | 36.2 | 35.5 | 21.0 | 87.0 | 50.7 |

* SEE NOTES FOLLOWING WEST, TABLE 18.

YEAR BY SEASON 1965-1966 AND BY INCOME

TABLE 17.--GRAIN PRODUCTS
ALL SOURCES

NORTH CENTRAL

RURAL FARM

| SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 | ENRICHED, WHOLE GRAIN | | | | | NOT ENRICHED OR WHOLE GRAIN | | | | | |
|---|--|-------|-------------------|-------|----------------------------------|--|-------|-------------------|-------|----------------------------------|------------------------|
| | TOTAL (FLOUR EQUIV- ALENT) ‡ | FLOUR | CEREAL, PASTES | BREAD | OTHER BAKERY PROD- UCTS | TOTAL (FLOUR EQUIV- ALENT) ‡ | FLOUR | CEREAL, PASTES | BREAD | OTHER BAKERY PROD- UCTS | SOUP, MIX- TURES |
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) |

QUANTITY PER PERSON PER WEEK (POUNDS)

| | | | | | | | | | | | |
|-----------------------|-------|-------|------|-------|------|------|------|------|------|------|------|
| ALL HOUSEHOLDS, YEAR- | 2.534 | 1.073 | .614 | 1.276 | .165 | .525 | .170 | .087 | .060 | .576 | .165 |
| SPRING----- | 2.508 | 1.068 | .605 | 1.252 | .164 | .531 | .184 | .092 | .060 | .596 | .169 |
| SUMMER----- | 2.486 | .998 | .613 | 1.307 | .184 | .574 | .179 | .082 | .076 | .656 | .163 |
| FALL----- | 2.572 | 1.116 | .599 | 1.289 | .169 | .474 | .153 | .089 | .052 | .489 | .166 |
| WINTER----- | 2.600 | 1.140 | .647 | 1.250 | .134 | .502 | .158 | .086 | .048 | .532 | .164 |
| UNDER 1,000----- | 3.127 | 1.389 | .809 | 1.324 | .223 | .481 | .139 | .110 | .072 | .460 | .112 |
| 1,000-1,999----- | 2.608 | 1.158 | .662 | 1.170 | .158 | .437 | .168 | .119 | .025 | .375 | .139 |
| 2,000-2,999----- | 2.910 | 1.379 | .703 | 1.257 | .146 | .527 | .219 | .111 | .050 | .536 | .090 |
| 3,000-3,999----- | 2.655 | 1.250 | .673 | 1.111 | .129 | .553 | .155 | .090 | .070 | .589 | .183 |
| 4,000-4,999----- | 2.522 | 1.120 | .576 | 1.230 | .178 | .458 | .128 | .066 | .059 | .549 | .137 |
| 5,000-5,999----- | 2.430 | 1.045 | .558 | 1.280 | .139 | .499 | .156 | .072 | .051 | .578 | .149 |
| 6,000-6,999----- | 2.461 | .964 | .597 | 1.392 | .146 | .565 | .176 | .105 | .050 | .610 | .280 |
| 7,000-9,999----- | 2.515 | .927 | .599 | 1.467 | .216 | .657 | .213 | .090 | .076 | .787 | .219 |
| 10,000 AND OVER---- | 2.354 | .929 | .582 | 1.269 | .175 | .516 | .155 | .065 | .069 | .604 | .162 |

MONEY VALUE PER PERSON PER WEEK (DOLLARS)

| | | | | | | | | | | | |
|-----------------------|------|------|------|------|------|------|------|------|------|------|------|
| ALL HOUSEHOLDS, YEAR- | .608 | .104 | .193 | .252 | .060 | .372 | .050 | .016 | .016 | .232 | .057 |
| SPRING----- | .597 | .099 | .199 | .240 | .059 | .378 | .054 | .015 | .016 | .236 | .057 |
| SUMMER----- | .626 | .102 | .194 | .261 | .069 | .416 | .050 | .018 | .020 | .268 | .061 |
| FALL----- | .599 | .107 | .186 | .246 | .060 | .333 | .046 | .016 | .014 | .198 | .059 |
| WINTER----- | .609 | .110 | .192 | .260 | .046 | .342 | .048 | .015 | .014 | .213 | .050 |
| UNDER 1,000----- | .653 | .121 | .196 | .271 | .065 | .276 | .040 | .020 | .016 | .164 | .036 |
| 1,000-1,999----- | .574 | .110 | .176 | .235 | .052 | .255 | .051 | .016 | .006 | .139 | .043 |
| 2,000-2,999----- | .628 | .132 | .189 | .255 | .051 | .336 | .055 | .021 | .013 | .219 | .029 |
| 3,000-3,999----- | .576 | .117 | .191 | .224 | .044 | .363 | .044 | .015 | .018 | .222 | .063 |
| 4,000-4,999----- | .589 | .109 | .178 | .239 | .062 | .323 | .038 | .012 | .016 | .212 | .045 |
| 5,000-5,999----- | .594 | .103 | .188 | .252 | .051 | .355 | .045 | .012 | .015 | .227 | .057 |
| 6,000-6,999----- | .620 | .099 | .201 | .268 | .051 | .421 | .055 | .020 | .013 | .238 | .093 |
| 7,000-9,999----- | .673 | .098 | .210 | .280 | .085 | .534 | .067 | .020 | .021 | .338 | .088 |
| 10,000 AND OVER---- | .614 | .086 | .210 | .251 | .067 | .388 | .046 | .015 | .020 | .253 | .054 |

PERCENT OF HOUSEHOLDS USING IN A WEEK

| | | | | | | | | | | | |
|----------------|-------|------|------|------|------|------|------|------|------|------|------|
| ALL HOUSEHOLDS | 100.0 | 89.5 | 95.5 | 93.0 | 44.6 | 96.3 | 45.9 | 38.0 | 15.0 | 88.1 | 70.2 |
| SPRING----- | 100.0 | 89.5 | 95.5 | 93.0 | 44.6 | 96.3 | 45.9 | 38.0 | 15.0 | 88.1 | 70.2 |
| SUMMER----- | 99.6 | 90.5 | 94.6 | 91.8 | 44.6 | 94.7 | 38.4 | 19.1 | 15.0 | 88.1 | 70.2 |
| FALL----- | 99.6 | 91.1 | 94.6 | 91.8 | 44.6 | 94.7 | 38.4 | 19.1 | 15.0 | 88.1 | 70.2 |
| WINTER----- | 99.6 | 91.1 | 94.6 | 91.8 | 44.6 | 94.7 | 38.4 | 19.1 | 15.0 | 88.1 | 70.2 |

TABLE 17.--GRAIN PRODUCTS
HOME-PRODUCED

NORTH CENTRAL

RURAL FARM

| SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 | ENRICHED, WHOLE GRAIN | | | | | NOT ENRICHED OR WHOLE GRAIN | | | | | |
|---|--|-------|-------------------|-------|----------------------------------|--|-------|-------------------|-------|----------------------------------|------------------------|
| | TOTAL (FLOUR EQUIV- ALENT) ‡ | FLOUR | CEREAL, PASTES | BREAD | OTHER BAKERY PROD- UCTS | TOTAL (FLOUR EQUIV- ALENT) ‡ | FLOUR | CEREAL, PASTES | BREAD | OTHER BAKERY PROD- UCTS | SOUP, MIX- TURES |
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) |

QUANTITY PER PERSON PER WEEK (POUNDS)

| | | | | | | | | | | | |
|-----------------------|------|------|------|------|------|------|------|------|------|------|------|
| ALL HOUSEHOLDS, YEAR- | * | .000 | * | .000 | .000 | .006 | .000 | .006 | .000 | .000 | .003 |
| SPRING----- | .001 | .000 | .001 | .000 | .000 | .008 | .000 | .008 | .000 | .000 | .001 |
| SUMMER----- | .000 | .000 | .000 | .000 | .000 | .007 | .000 | .007 | .000 | .000 | .000 |
| FALL----- | .000 | .000 | .000 | .000 | .000 | .005 | .000 | .003 | .000 | .000 | .011 |
| WINTER----- | .000 | .000 | .000 | .000 | .000 | .005 | .000 | .005 | .000 | .000 | .000 |
| UNDER 1,000----- | .000 | .000 | .000 | .000 | .000 | .025 | .000 | .025 | .000 | .000 | .000 |
| 1,000-1,999----- | .000 | .000 | .000 | .000 | .000 | .005 | .000 | .004 | .000 | .000 | .005 |
| 2,000-2,999----- | .000 | .000 | .000 | .000 | .000 | .010 | .000 | .010 | .000 | .000 | .000 |
| 3,000-3,999----- | .000 | .000 | .000 | .000 | .000 | .009 | .000 | .009 | .000 | .000 | .002 |
| 4,000-4,999----- | .000 | .000 | .000 | .000 | .000 | .003 | .000 | .003 | .000 | .000 | .000 |
| 5,000-5,999----- | .000 | .000 | .000 | .000 | .000 | .001 | .000 | .001 | .000 | .000 | .002 |
| 6,000-6,999----- | .000 | .000 | .000 | .000 | .000 | .010 | .000 | .010 | .000 | .000 | .000 |
| 7,000-9,999----- | .000 | .000 | .000 | .000 | .000 | .006 | .000 | .005 | .000 | .000 | .005 |
| 10,000 AND OVER--- | .004 | .000 | .004 | .000 | .000 | .002 | .000 | .000 | .000 | .000 | .010 |

MONEY VALUE PER PERSON PER WEEK (DOLLARS)

| | | | | | | | | | | | |
|-----------------------|------|------|------|------|------|------|------|------|------|------|------|
| ALL HOUSEHOLDS, YEAR- | * | .000 | * | .000 | .000 | .002 | .000 | .001 | .000 | .000 | .001 |
| SPRING----- | * | .000 | * | .000 | .000 | .002 | .000 | .001 | .000 | .000 | * |
| SUMMER----- | .000 | .000 | .000 | .000 | .000 | .001 | .000 | .001 | .000 | .000 | .000 |
| FALL----- | .000 | .000 | .000 | .000 | .000 | .005 | .000 | .001 | .000 | .000 | .004 |
| WINTER----- | .000 | .000 | .000 | .000 | .000 | .001 | .000 | .001 | .000 | .000 | .000 |
| UNDER 1,000----- | .000 | .000 | .000 | .000 | .000 | .004 | .000 | .004 | .000 | .000 | .000 |
| 1,000-1,999----- | .000 | .000 | .000 | .000 | .000 | .002 | .000 | .001 | .000 | .000 | .002 |
| 2,000-2,999----- | .000 | .000 | .000 | .000 | .000 | .002 | .000 | .002 | .000 | .000 | .000 |
| 3,000-3,999----- | .000 | .000 | .000 | .000 | .000 | .003 | .000 | .002 | .000 | .000 | .001 |
| 4,000-4,999----- | .000 | .000 | .000 | .000 | .000 | * | .000 | * | .000 | .000 | .000 |
| 5,000-5,999----- | .000 | .000 | .000 | .000 | .000 | .001 | .000 | * | .000 | .000 | .001 |
| 6,000-6,999----- | .000 | .000 | .000 | .000 | .000 | .002 | .000 | .002 | .000 | .000 | .000 |
| 7,000-9,999----- | .000 | .000 | .000 | .000 | .000 | .003 | .000 | .001 | .000 | .000 | .002 |
| 10,000 AND OVER--- | .001 | .000 | .001 | .000 | .000 | .004 | .000 | .000 | .000 | .000 | .004 |

PERCENT OF HOUSEHOLDS USING IN A WEEK

| | | | | | | | | | | | |
|----------------|----|----|----|----|----|-----|----|-----|----|----|-----|
| ALL HOUSEHOLDS | | | | | | | | | | | |
| SPRING----- | .2 | .0 | .2 | .0 | .0 | 2.5 | .0 | 2.3 | .0 | .0 | .2 |
| SUMMER----- | .0 | .0 | .0 | .0 | .0 | 2.9 | .0 | 2.9 | .0 | .0 | .0 |
| FALL----- | .0 | .0 | .0 | .0 | .0 | 4.3 | .0 | 2.3 | .0 | .0 | 1.9 |
| WINTER----- | .0 | .0 | .0 | .0 | .0 | 2.4 | .0 | 2.4 | .0 | .0 | .0 |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 18.--FATS, OILS, SUGAR, SWEETS,
OTHER FOOD

NORTH CENTRAL

ALL URBANIZATIONS

| SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 (1) | FATS, OILS | | | | | | SUGAR, SWEETS | | | | OTHER FOOD | | | |
|--|------------|--------|----------------|--------------------------------|------|-----------------------------------|--|-------------------------------------|---|-----------------------|------------|----------------------------|-----------------------------------|---------------------------------|
| | TOTAL # | BUTTER | MARGA- RINE | OIL, SALAD DRESS- ING | LARD | VEGE- TABLE SHORT- ENING | TOTAL (SUGAR EQUIV- ALENT) # | SUGAR, SIRUP, JELLY, CANDY | OTHER SWEETS (SUGAR EQUIVALENT) # | | TOTAL # | ALCO- HOLIC BEVERAGE | SOME NU- TRITIVE VALUE # | NO NU- TRITIVE VALUE # |
| | | | | | | | | | VIT. C ADDED | NO VIT. C ADDED | | | | |
| | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) | (13) | (14) | (15) |
| QUANTITY PER PERSON PER WEEK (POUNDS) | | | | | | | | | | | | | | |
| ALL HOUSEHOLDS, YEAR- | .785 | .159 | .243 | .219 | .053 | .112 | 1.354 | 1.099 | .046 | .209 | ** | .660 | .308 | ** |
| SPRING----- | .782 | .162 | .238 | .224 | .051 | .108 | 1.344 | 1.080 | .053 | .212 | ** | .699 | .311 | ** |
| SUMMER----- | .794 | .144 | .232 | .246 | .058 | .114 | 1.472 | 1.181 | .068 | .223 | ** | .628 | .290 | ** |
| FALL----- | .792 | .182 | .244 | .199 | .059 | .108 | 1.336 | 1.114 | .031 | .191 | ** | .731 | .324 | ** |
| WINTER----- | .773 | .151 | .259 | .204 | .042 | .118 | 1.252 | 1.014 | .030 | .207 | ** | .581 | .307 | ** |
| UNDER 1,000----- | .775 | .145 | .259 | .110 | .174 | .087 | 1.450 | 1.309 | .032 | .109 | ** | .181 | .390 | ** |
| 1,000-1,999----- | .751 | .167 | .235 | .111 | .126 | .111 | 1.391 | 1.233 | .035 | .122 | ** | .378 | .320 | ** |
| 2,000-2,999----- | .909 | .137 | .327 | .205 | .123 | .116 | 1.745 | 1.538 | .038 | .168 | ** | .439 | .326 | ** |
| 3,000-3,999----- | .796 | .143 | .261 | .187 | .089 | .116 | 1.326 | 1.134 | .040 | .152 | ** | .272 | .305 | ** |
| 4,000-4,999----- | .813 | .129 | .274 | .181 | .083 | .145 | 1.436 | 1.185 | .036 | .215 | ** | .525 | .313 | ** |
| 5,000-5,999----- | .767 | .149 | .244 | .202 | .054 | .119 | 1.343 | 1.120 | .038 | .186 | ** | .517 | .304 | ** |
| 6,000-6,999----- | .771 | .152 | .247 | .228 | .031 | .114 | 1.280 | 1.011 | .045 | .224 | ** | .667 | .300 | ** |
| 7,000-7,999----- | .754 | .171 | .217 | .233 | .026 | .108 | 1.293 | 1.014 | .045 | .234 | ** | .654 | .300 | ** |
| 8,000-8,999----- | .796 | .148 | .261 | .246 | .024 | .117 | 1.400 | 1.109 | .045 | .245 | ** | .846 | .306 | ** |
| 9,000-9,999----- | .754 | .166 | .208 | .218 | .035 | .128 | 1.341 | 1.027 | .067 | .248 | ** | .617 | .314 | ** |
| 10,000-14,999----- | .802 | .185 | .233 | .277 | .026 | .080 | 1.341 | 1.027 | .070 | .243 | ** | .843 | .323 | ** |
| 15,000 AND OVER---- | .708 | .233 | .140 | .261 | .016 | .059 | 1.065 | .784 | .047 | .234 | ** | .910 | .287 | ** |
| MONEY VALUE PER PERSON PER WEEK (DOLLARS) | | | | | | | | | | | | | | |
| ALL HOUSEHOLDS, YEAR- | .313 | .114 | .072 | .078 | .012 | .037 | .521 | .262 | .035 | .224 | .614 | .268 | .279 | .067 |
| SPRING----- | .309 | .113 | .068 | .082 | .010 | .036 | .535 | .258 | .040 | .237 | .643 | .292 | .286 | .065 |
| SUMMER----- | .307 | .102 | .068 | .086 | .013 | .039 | .549 | .252 | .044 | .253 | .606 | .250 | .273 | .084 |
| FALL----- | .323 | .131 | .073 | .070 | .013 | .036 | .509 | .288 | .027 | .194 | .651 | .304 | .284 | .064 |
| WINTER----- | .312 | .110 | .079 | .073 | .010 | .040 | .488 | .252 | .028 | .208 | .553 | .228 | .272 | .053 |
| UNDER 1,000----- | .271 | .102 | .071 | .032 | .038 | .028 | .411 | .275 | .019 | .117 | .426 | .052 | .310 | .064 |
| 1,000-1,999----- | .288 | .120 | .068 | .038 | .027 | .034 | .418 | .264 | .022 | .132 | .505 | .101 | .326 | .078 |
| 2,000-2,999----- | .319 | .095 | .088 | .071 | .026 | .039 | .497 | .285 | .026 | .186 | .545 | .188 | .302 | .056 |
| 3,000-3,999----- | .288 | .100 | .073 | .059 | .020 | .037 | .438 | .243 | .033 | .162 | .416 | .087 | .286 | .043 |
| 4,000-4,999----- | .300 | .091 | .075 | .064 | .020 | .052 | .541 | .273 | .033 | .236 | .498 | .158 | .277 | .063 |
| 5,000-5,999----- | .296 | .105 | .071 | .068 | .012 | .040 | .482 | .255 | .033 | .194 | .521 | .170 | .285 | .066 |
| 6,000-6,999----- | .309 | .110 | .073 | .083 | .006 | .036 | .517 | .253 | .033 | .231 | .548 | .225 | .267 | .056 |
| 7,000-7,999----- | .311 | .124 | .065 | .083 | .006 | .034 | .535 | .253 | .030 | .252 | .644 | .311 | .263 | .071 |
| 8,000-8,999----- | .315 | .105 | .079 | .090 | .005 | .037 | .601 | .294 | .036 | .271 | .681 | .337 | .285 | .059 |
| 9,000-9,999----- | .315 | .119 | .065 | .084 | .008 | .040 | .600 | .266 | .058 | .276 | .600 | .233 | .286 | .081 |
| 10,000-14,999----- | .353 | .134 | .074 | .105 | .006 | .034 | .584 | .275 | .048 | .261 | .818 | .469 | .269 | .080 |
| 15,000 AND OVER---- | .354 | .170 | .051 | .105 | .004 | .024 | .521 | .230 | .037 | .253 | 1.070 | .725 | .251 | .095 |
| PERCENT OF HOUSEHOLDS USING IN A WEEK | | | | | | | | | | | | | | |
| ALL HOUSEHOLDS | | | | | | | | | | | | | | |
| SPRING----- | 99.0 | 54.0 | 68.8 | 76.7 | 15.5 | 42.8 | 96.7 | 95.1 | 24.5 | 77.9 | 98.2 | 31.1 | 96.7 | 37.9 |
| SUMMER----- | 98.9 | 48.8 | 71.6 | 76.8 | 16.5 | 44.2 | 97.0 | 94.1 | 29.7 | 77.4 | 97.9 | 32.5 | 96.0 | 42.7 |
| FALL----- | 99.4 | 54.6 | 69.3 | 68.1 | 16.6 | 43.7 | 96.0 | 93.6 | 16.3 | 67.1 | 98.7 | 32.2 | 97.0 | 37.7 |
| WINTER----- | 99.6 | 52.0 | 76.7 | 75.2 | 13.5 | 48.8 | 98.9 | 98.3 | 16.7 | 76.0 | 98.6 | 27.7 | 97.1 | 36.2 |

* SEE NOTES FOLLOWING WEST, TABLE 18.

YEAR BY SEASON 1965-1966 AND BY INCOME

| SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 (1) | FATS, OILS | | | | | | SUGAR, SWEETS | | | | OTHER FOOD | | | |
|--|--------------|---------------|-----------------------|---------------------------------------|-------------|--|---|--|---|-------------------------|--------------------|------------------------------------|---|---|
| | TOTAL (2) | BUTTER (3) | MARGA- RINE (4) | OIL, SALAD DRESS- ING (5) | LARD (6) | VEGE- TABLE SHORT- ENING (7) | TOTAL (SUGAR EQUIV- ALENT) # (8) | SUGAR, SIRUP, JELLY, CANDY (9) | OTHER SWEETS (SUGAR EQUIVALENT) # | | TOTAL # (12) | ALCOH- OLIC BEVERAGE (13) | SOME NU- TRITIVE VALUE # (14) | NO NU- TRITIVE VALUE # (15) |
| | | | | | | | | | VIT. C ADDED (10) | VIT. C ADDED (11) | | | | |

QUANTITY PER PERSON PER WEEK (POUNDS)

| | | | | | | | | | | | | | | |
|-----------------------|------|------|------|------|------|------|-------|-------|------|------|----|------|------|----|
| ALL HOUSEHOLDS, YEAR- | .744 | .154 | .228 | .229 | .029 | .104 | 1.215 | .942 | .047 | .226 | ** | .770 | .310 | ** |
| SPRING----- | .744 | .151 | .226 | .232 | .032 | .102 | 1.207 | .926 | .053 | .229 | ** | .842 | .305 | ** |
| SUMMER----- | .735 | .132 | .216 | .260 | .026 | .101 | 1.252 | .935 | .072 | .245 | ** | .691 | .277 | ** |
| FALL----- | .760 | .180 | .237 | .207 | .039 | .097 | 1.257 | 1.009 | .034 | .214 | ** | .838 | .335 | ** |
| WINTER----- | .736 | .154 | .233 | .213 | .020 | .117 | 1.141 | .899 | .028 | .214 | ** | .708 | .327 | ** |
| UNDER 1,000----- | .635 | .067 | .262 | .142 | .073 | .092 | 1.081 | .918 | .050 | .113 | ** | .034 | .261 | ** |
| 1,000-1,999----- | .667 | .170 | .189 | .120 | .064 | .123 | 1.157 | .977 | .030 | .150 | ** | .605 | .325 | ** |
| 2,000-2,999----- | .885 | .132 | .292 | .272 | .060 | .129 | 1.317 | 1.059 | .047 | .211 | ** | .665 | .331 | ** |
| 3,000-3,999----- | .705 | .136 | .250 | .174 | .052 | .094 | 1.074 | .892 | .033 | .148 | ** | .239 | .322 | ** |
| 4,000-4,999----- | .774 | .122 | .236 | .206 | .064 | .146 | 1.310 | 1.059 | .033 | .218 | ** | .623 | .327 | ** |
| 5,000-5,999----- | .717 | .140 | .226 | .204 | .036 | .112 | 1.212 | .974 | .039 | .199 | ** | .600 | .311 | ** |
| 6,000-6,999----- | .740 | .154 | .244 | .220 | .022 | .100 | 1.152 | .887 | .045 | .220 | ** | .736 | .302 | ** |
| 7,000-7,999----- | .749 | .177 | .211 | .236 | .021 | .105 | 1.232 | .941 | .046 | .245 | ** | .893 | .299 | ** |
| 8,000-8,999----- | .764 | .149 | .261 | .237 | .012 | .105 | 1.324 | 1.027 | .038 | .259 | ** | .951 | .302 | ** |
| 9,000-9,999----- | .683 | .169 | .174 | .196 | .021 | .123 | 1.203 | .897 | .063 | .244 | ** | .609 | .321 | ** |
| 10,000-14,999----- | .772 | .173 | .235 | .288 | .010 | .067 | 1.313 | .966 | .075 | .272 | ** | .957 | .325 | ** |
| 15,000 AND OVER---- | .623 | .201 | .134 | .240 | .010 | .039 | .959 | .674 | .048 | .237 | ** | .899 | .271 | ** |

MONEY VALUE PER PERSON PER WEEK (DOLLARS)

| | | | | | | | | | | | | | | |
|-----------------------|------|------|------|------|------|------|------|------|------|------|-------|------|------|------|
| ALL HOUSEHOLDS, YEAR- | .305 | .112 | .068 | .084 | .007 | .035 | .518 | .240 | .035 | .243 | .662 | .320 | .274 | .068 |
| SPRING----- | .300 | .108 | .065 | .087 | .007 | .033 | .526 | .233 | .039 | .253 | .704 | .358 | .277 | .069 |
| SUMMER----- | .290 | .095 | .064 | .091 | .006 | .034 | .540 | .216 | .044 | .280 | .598 | .270 | .253 | .075 |
| FALL----- | .320 | .132 | .072 | .075 | .008 | .032 | .521 | .276 | .029 | .217 | .720 | .368 | .284 | .068 |
| WINTER----- | .311 | .113 | .073 | .080 | .005 | .040 | .481 | .238 | .026 | .216 | .627 | .286 | .285 | .056 |
| UNDER 1,000----- | .207 | .049 | .073 | .039 | .015 | .032 | .378 | .222 | .032 | .124 | .402 | .020 | .293 | .088 |
| 1,000-1,999----- | .272 | .125 | .053 | .040 | .015 | .038 | .402 | .218 | .022 | .162 | .562 | .148 | .331 | .083 |
| 2,000-2,999----- | .321 | .092 | .081 | .094 | .013 | .041 | .499 | .238 | .026 | .236 | .665 | .298 | .305 | .062 |
| 3,000-3,999----- | .268 | .098 | .071 | .056 | .012 | .030 | .375 | .199 | .025 | .152 | .399 | .076 | .284 | .039 |
| 4,000-4,999----- | .295 | .089 | .066 | .075 | .016 | .050 | .538 | .257 | .033 | .248 | .529 | .179 | .290 | .060 |
| 5,000-5,999----- | .282 | .100 | .064 | .069 | .009 | .039 | .468 | .225 | .034 | .209 | .547 | .189 | .288 | .070 |
| 6,000-6,999----- | .302 | .113 | .071 | .083 | .005 | .031 | .488 | .230 | .032 | .226 | .557 | .249 | .264 | .045 |
| 7,000-7,999----- | .313 | .129 | .063 | .085 | .005 | .031 | .525 | .235 | .029 | .262 | .659 | .331 | .256 | .072 |
| 8,000-8,999----- | .312 | .107 | .079 | .089 | .002 | .035 | .600 | .287 | .031 | .282 | .693 | .374 | .268 | .051 |
| 9,000-9,999----- | .294 | .120 | .054 | .077 | .005 | .037 | .580 | .252 | .055 | .273 | .576 | .229 | .278 | .069 |
| 10,000-14,999----- | .342 | .128 | .075 | .111 | .002 | .027 | .618 | .275 | .051 | .292 | .886 | .534 | .266 | .087 |
| 15,000 AND OVER---- | .320 | .151 | .051 | .098 | .003 | .018 | .501 | .213 | .034 | .254 | 1.100 | .753 | .241 | .106 |

PERCENT OF HOUSEHOLDS USING IN A WEEK

| | | | | | | | | | | | | | | |
|----------------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|
| ALL HOUSEHOLDS | | | | | | | | | | | | | | |
| SPRING----- | 99.1 | 55.6 | 68.7 | 77.8 | 10.1 | 40.4 | 95.8 | 93.5 | 24.9 | 77.2 | 97.9 | 35.7 | 96.0 | 39.6 |
| SUMMER----- | 98.7 | 49.1 | 73.1 | 77.8 | 7.7 | 43.5 | 95.8 | 91.8 | 29.6 | 80.5 | 97.1 | 34.8 | 94.5 | 39.6 |
| FALL----- | 99.5 | 56.8 | 69.1 | 70.1 | 11.2 | 41.3 | 94.7 | 91.5 | 16.8 | 68.3 | 98.7 | 36.5 | 96.3 | 37.6 |
| WINTER----- | 99.7 | 56.2 | 74.2 | 78.4 | 7.9 | 46.3 | 98.6 | 98.4 | 16.7 | 77.5 | 98.6 | 31.2 | 96.7 | 37.3 |

* SEE NOTES FOLLOWING WEST, TABLE 18.

YEAR BY SEASON 1965-1966 AND BY INCOME

| SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 (1) | FATS, OILS | | | | | | SUGAR, SWEETS | | | | OTHER FOOD | | | |
|--|------------------|-------------------|---------------------------|---|-----------------|--|---|--|---|-------------------------------|------------------------|--|---|---|
| | TOTAL (2) | BUTTER (3) | MARGA- RINE (4) | OIL, SALAD DRESS- ING (5) | LARD (6) | VEGE- TABLE SHORT- ENING (7) | TOTAL (SUGAR EQUIV- ALENT) ‡ (8) | SUGAR, SIRUP, JELLY, CANDY (9) | OTHER SWEETS (SUGAR EQUIVALENT) ‡ | | TOTAL ‡ (12) | ALCO- HOLIC BEVERAGE (13) | SOME NU- TRITIVE VALUE ‡ (14) | NO NU- TRITIVE VALUE ‡ (15) |
| | | | | | | | | | VIT. C ADDED (10) | NO VIT. C ADDED (11) | | | | |
| QUANTITY PER PERSON PER WEEK (POUNDS) | | | | | | | | | | | | | | |
| ALL HOUSEHOLDS, YEAR- | .824 | .136 | .282 | .209 | .066 | .131 | 1.497 | 1.269 | .043 | .186 | ** | .546 | .309 | ** |
| SPRING----- | .835 | .147 | .285 | .220 | .055 | .128 | 1.490 | 1.253 | .053 | .183 | ** | .495 | .338 | ** |
| SUMMER----- | .845 | .131 | .265 | .226 | .076 | .147 | 1.769 | 1.523 | .055 | .190 | ** | .621 | .323 | ** |
| FALL----- | .801 | .150 | .253 | .191 | .072 | .135 | 1.315 | 1.136 | .025 | .154 | ** | .662 | .317 | ** |
| WINTER----- | .813 | .117 | .321 | .197 | .062 | .116 | 1.389 | 1.142 | .036 | .211 | ** | .418 | .262 | ** |
| UNDER 1,000----- | .767 | .242 | .270 | .059 | .145 | .051 | 1.242 | 1.123 | .017 | .101 | ** | .589 | .322 | ** |
| 1,000-1,999----- | .817 | .122 | .317 | .089 | .188 | .101 | 1.516 | 1.424 | .016 | .077 | ** | .085 | .335 | ** |
| 2,000-2,999----- | .912 | .100 | .427 | .092 | .182 | .111 | 2.498 | 2.364 | .027 | .108 | ** | .127 | .342 | ** |
| 3,000-3,999----- | .850 | .103 | .290 | .220 | .099 | .137 | 1.445 | 1.221 | .054 | .169 | ** | .432 | .287 | ** |
| 4,000-4,999----- | .817 | .108 | .315 | .159 | .075 | .159 | 1.472 | 1.195 | .039 | .238 | ** | .532 | .304 | ** |
| 5,000-5,999----- | .816 | .135 | .282 | .205 | .065 | .130 | 1.472 | 1.271 | .033 | .168 | ** | .437 | .291 | ** |
| 6,000-6,999----- | .822 | .119 | .260 | .263 | .031 | .150 | 1.489 | 1.186 | .052 | .251 | ** | .529 | .298 | ** |
| 7,000-9,999----- | .789 | .125 | .263 | .252 | .021 | .128 | 1.395 | 1.121 | .052 | .222 | ** | .756 | .303 | ** |
| 10,000 AND OVER---- | .915 | .238 | .210 | .271 | .051 | .145 | 1.349 | 1.136 | .051 | .163 | ** | .699 | .360 | ** |
| MONEY VALUE PER PERSON PER WEEK (DOLLARS) | | | | | | | | | | | | | | |
| ALL HOUSEHOLDS, YEAR- | .309 | .094 | .084 | .070 | .015 | .045 | .512 | .275 | .037 | .200 | .560 | .198 | .296 | .066 |
| SPRING----- | .315 | .100 | .083 | .077 | .011 | .044 | .543 | .289 | .042 | .212 | .569 | .193 | .319 | .056 |
| SUMMER----- | .318 | .091 | .079 | .079 | .017 | .053 | .542 | .288 | .041 | .213 | .662 | .239 | .321 | .103 |
| FALL----- | .307 | .104 | .078 | .061 | .017 | .046 | .459 | .269 | .029 | .161 | .578 | .224 | .297 | .057 |
| WINTER----- | .296 | .084 | .096 | .063 | .015 | .039 | .496 | .253 | .034 | .208 | .434 | .140 | .246 | .047 |
| UNDER 1,000----- | .320 | .169 | .079 | .018 | .038 | .014 | .310 | .211 | .003 | .096 | .522 | .141 | .356 | .025 |
| 1,000-1,999----- | .296 | .086 | .100 | .035 | .041 | .033 | .390 | .295 | .014 | .081 | .459 | .030 | .342 | .086 |
| 2,000-2,999----- | .297 | .070 | .114 | .033 | .038 | .041 | .453 | .311 | .032 | .110 | .408 | .044 | .317 | .047 |
| 3,000-3,999----- | .286 | .069 | .080 | .065 | .024 | .047 | .503 | .261 | .048 | .194 | .493 | .140 | .307 | .046 |
| 4,000-4,999----- | .291 | .075 | .086 | .054 | .017 | .059 | .554 | .269 | .032 | .254 | .511 | .171 | .267 | .072 |
| 5,000-5,999----- | .303 | .094 | .086 | .067 | .015 | .042 | .484 | .283 | .032 | .169 | .498 | .156 | .282 | .060 |
| 6,000-6,999----- | .310 | .084 | .083 | .087 | .007 | .049 | .589 | .286 | .040 | .263 | .525 | .167 | .274 | .083 |
| 7,000-9,999----- | .301 | .088 | .081 | .086 | .005 | .041 | .565 | .270 | .045 | .250 | .639 | .268 | .294 | .078 |
| 10,000 AND OVER---- | .409 | .163 | .067 | .098 | .013 | .069 | .479 | .261 | .039 | .180 | .759 | .398 | .316 | .045 |
| PERCENT OF HOUSEHOLDS USING IN A WEEK | | | | | | | | | | | | | | |
| ALL HOUSEHOLDS | | | | | | | | | | | | | | |
| SPRING----- | 98.5 | 46.4 | 72.5 | 74.2 | 18.7 | 51.4 | 98.3 | 98.0 | 23.8 | 78.1 | 98.8 | 23.3 | 98.0 | 32.4 |
| SUMMER----- | 99.3 | 43.8 | 72.5 | 76.5 | 24.8 | 46.4 | 99.3 | 98.0 | 28.8 | 69.3 | 99.3 | 29.4 | 98.7 | 47.1 |
| FALL----- | 99.2 | 46.6 | 70.2 | 64.1 | 19.8 | 48.9 | 98.5 | 97.7 | 16.8 | 61.1 | 98.5 | 26.7 | 98.5 | 37.4 |
| WINTER----- | 99.3 | 40.6 | 87.0 | 71.0 | 18.1 | 55.8 | 99.3 | 97.8 | 18.1 | 74.6 | 98.6 | 23.9 | 97.8 | 34.8 |

* SEE NOTES FOLLOWING WEST, TABLE 18.

| SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 | FATS, OILS | | | | | | SUGAR, SWEETS | | | | OTHER FOOD | | | |
|---|------------|--------|----------------|--------------------------------|------|-----------------------------------|--|-------------------------------------|---|-----------------------|------------|----------------------------|-----------------------------------|---------------------------------|
| | TOTAL | BUTTER | MARGA- RINE | OIL, SALAD DRESS- ING | LARD | VEGE- TABLE SHORT- ENING | TOTAL (SUGAR EQUIV- ALENT) † | SUGAR, SIRUP, JELLY, CANDY | OTHER SWEETS (SUGAR EQUIVALENT) ‡ | | TOTAL ‡ | ALCOH- OLIC BEVERAGE | SOME NU- TRITIVE VALUE ‡ | NO NU- TRITIVE VALUE ‡ |
| | | | | | | | | | VIT. C ADDED | NO VIT. C ADDED | | | | |
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) | (13) | (14) | (15) |

QUANTITY PER PERSON PER WEEK (POUNDS)

| | | | | | | | | | | | | | | |
|------------------------|-------|------|------|------|------|------|-------|-------|------|------|----|------|------|----|
| ALL HOUSEHOLDS, YEAR-- | .967 | .253 | .247 | .177 | .174 | .116 | 1.921 | 1.724 | .046 | .151 | ** | .212 | .286 | ** |
| SPRING----- | .908 | .259 | .207 | .179 | .163 | .099 | 1.890 | 1.667 | .057 | .166 | ** | .255 | .296 | ** |
| SUMMER----- | 1.029 | .243 | .255 | .206 | .207 | .119 | 2.113 | 1.876 | .072 | .165 | ** | .272 | .292 | ** |
| FALL----- | .985 | .271 | .270 | .159 | .163 | .122 | 1.911 | 1.772 | .018 | .121 | ** | .177 | .266 | ** |
| WINTER----- | .933 | .239 | .263 | .152 | .152 | .126 | 1.687 | 1.517 | .024 | .146 | ** | .105 | .292 | ** |
| UNDER 1,000----- | 1.030 | .187 | .242 | .104 | .383 | .113 | 2.306 | 2.179 | .016 | .110 | ** | .037 | .347 | ** |
| 1,000-1,999----- | .915 | .222 | .262 | .115 | .229 | .086 | 1.934 | 1.754 | .081 | .100 | ** | .094 | .280 | ** |
| 2,000-2,999----- | .981 | .208 | .295 | .158 | .238 | .083 | 2.009 | 1.860 | .026 | .122 | ** | .177 | .288 | ** |
| 3,000-3,999----- | .987 | .238 | .244 | .166 | .190 | .148 | 1.919 | 1.747 | .039 | .133 | ** | .089 | .284 | ** |
| 4,000-4,999----- | .939 | .199 | .312 | .144 | .173 | .112 | 1.806 | 1.617 | .040 | .149 | ** | .158 | .281 | ** |
| 5,000-5,999----- | .948 | .264 | .238 | .179 | .137 | .130 | 1.827 | 1.629 | .042 | .157 | ** | .212 | .298 | ** |
| 6,000-6,999----- | .941 | .255 | .238 | .187 | .127 | .134 | 1.961 | 1.768 | .026 | .167 | ** | .384 | .280 | ** |
| 7,000-9,999----- | 1.012 | .271 | .210 | .236 | .154 | .139 | 2.096 | 1.820 | .074 | .202 | ** | .360 | .317 | ** |
| 10,000 AND OVER---- | 1.020 | .309 | .226 | .249 | .120 | .117 | 1.695 | 1.495 | .050 | .150 | ** | .262 | .264 | ** |

MONEY VALUE PER PERSON PER WEEK (DOLLARS)

| | | | | | | | | | | | | | | |
|------------------------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|
| ALL HOUSEHOLDS, YEAR-- | .375 | .173 | .068 | .061 | .036 | .037 | .568 | .373 | .033 | .162 | .427 | .096 | .268 | .063 |
| SPRING----- | .358 | .174 | .058 | .062 | .032 | .032 | .575 | .346 | .039 | .189 | .425 | .095 | .275 | .055 |
| SUMMER----- | .381 | .166 | .066 | .071 | .041 | .037 | .615 | .381 | .049 | .185 | .532 | .153 | .289 | .090 |
| FALL----- | .389 | .186 | .074 | .054 | .035 | .040 | .541 | .409 | .017 | .116 | .359 | .059 | .247 | .053 |
| WINTER----- | .373 | .167 | .077 | .053 | .034 | .041 | .521 | .357 | .023 | .141 | .355 | .055 | .253 | .047 |
| UNDER 1,000----- | .336 | .126 | .061 | .036 | .077 | .036 | .571 | .431 | .013 | .127 | .373 | .021 | .294 | .059 |
| 1,000-1,999----- | .326 | .152 | .067 | .036 | .046 | .025 | .504 | .358 | .035 | .110 | .395 | .055 | .287 | .053 |
| 2,000-2,999----- | .345 | .142 | .074 | .050 | .049 | .030 | .553 | .397 | .019 | .138 | .365 | .051 | .267 | .047 |
| 3,000-3,999----- | .358 | .161 | .063 | .054 | .039 | .040 | .521 | .355 | .030 | .135 | .331 | .029 | .254 | .048 |
| 4,000-4,999----- | .340 | .135 | .081 | .045 | .037 | .041 | .522 | .338 | .033 | .151 | .362 | .056 | .251 | .055 |
| 5,000-5,999----- | .377 | .180 | .067 | .061 | .027 | .041 | .580 | .370 | .032 | .178 | .421 | .085 | .281 | .056 |
| 6,000-6,999----- | .383 | .175 | .065 | .070 | .026 | .047 | .583 | .392 | .022 | .169 | .531 | .173 | .272 | .085 |
| 7,000-9,999----- | .413 | .187 | .060 | .089 | .032 | .045 | .693 | .425 | .049 | .218 | .596 | .182 | .323 | .091 |
| 10,000 AND OVER---- | .433 | .211 | .071 | .090 | .026 | .035 | .521 | .329 | .039 | .154 | .434 | .144 | .222 | .067 |

PERCENT OF HOUSEHOLDS USING IN A WEEK

| | | | | | | | | | | | | | | |
|----------------|-------|------|------|------|------|------|-------|-------|------|------|------|------|------|------|
| ALL HOUSEHOLDS | | | | | | | | | | | | | | |
| SPRING----- | 99.5 | 61.0 | 60.3 | 74.8 | 47.9 | 39.6 | 99.8 | 99.7 | 23.3 | 82.3 | 99.2 | 16.7 | 98.3 | 39.6 |
| SUMMER----- | 99.6 | 60.6 | 59.8 | 71.4 | 52.3 | 42.3 | 98.8 | 98.8 | 32.8 | 78.4 | 99.6 | 25.7 | 98.8 | 51.9 |
| FALL----- | 99.2 | 59.5 | 68.1 | 63.8 | 47.5 | 48.2 | 99.2 | 99.2 | 11.7 | 73.5 | 99.2 | 14.4 | 98.4 | 39.7 |
| WINTER----- | 100.0 | 53.1 | 64.5 | 62.1 | 46.0 | 47.9 | 100.0 | 100.0 | 11.8 | 67.8 | 99.1 | 9.0 | 98.1 | 31.3 |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 18.--FATS, OILS, SUGAR, SWEETS, NORTH CENTRAL RURAL FARM
OTHER FOOD HOME-PRODUCED

| SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 | FATS, OILS | | | | | | SUGAR, SWEETS | | | | OTHER FOOD | | | |
|---|------------|--------|----------------|--------------------------------|------|-----------------------------------|--|-------------------------------------|---|-----------------|------------|----------------------------|-----------------------------------|---------------------------------|
| | TOTAL | BUTTER | MARGA- RINE | OIL, SALAD DRESS- ING | LARD | VEGE- TABLE SHORT- ENING | TOTAL (SUGAR EQUIV- ALENT) ‡ | SUGAR, SIRUP, JELLY, CANDY | OTHER SWEETS (SUGAR EQUIVALENT) ‡ | | TOTAL ‡ | ALCOH- OLIC BEVERAGE | SOME NU- TRITIVE VALUE ‡ | NO NU- TRITIVE VALUE ‡ |
| | | | | | | | | | VIT. C ADDED | VIT. C ADDED | | | | |
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) | (13) | (14) | (15) |

QUANTITY PER PERSON PER WEEK (POUNDS)

| | | | | | | | | | | | | | | |
|-----------------------|------|------|------|------|------|------|------|------|------|------|----|------|------|----|
| ALL HOUSEHOLDS, YEAR- | .144 | .032 | .000 | .000 | .111 | .000 | .151 | .151 | .000 | * | ** | .001 | .000 | ** |
| SPRING----- | .144 | .038 | .000 | .000 | .106 | .000 | .126 | .126 | .000 | * | ** | * | .000 | ** |
| SUMMER----- | .171 | .031 | .000 | .000 | .140 | .000 | .190 | .190 | .000 | .000 | ** | .001 | .000 | ** |
| FALL----- | .132 | .037 | .000 | .000 | .095 | .000 | .151 | .151 | .000 | .000 | ** | .002 | .000 | ** |
| WINTER----- | .116 | .022 | .000 | .000 | .094 | .000 | .129 | .129 | .000 | .000 | ** | .000 | .000 | ** |
| UNDER 1,000----- | .295 | .061 | .000 | .000 | .234 | .000 | .199 | .199 | .000 | .000 | ** | .000 | .000 | ** |
| 1,000-1,999----- | .263 | .099 | .000 | .000 | .164 | .000 | .208 | .208 | .000 | .000 | ** | .000 | .000 | ** |
| 2,000-2,999----- | .173 | .046 | .000 | .000 | .127 | .000 | .166 | .166 | .000 | .000 | ** | .002 | .000 | ** |
| 3,000-3,999----- | .149 | .042 | .000 | .000 | .107 | .000 | .135 | .135 | .000 | .000 | ** | .001 | .000 | ** |
| 4,000-4,999----- | .114 | .026 | .000 | .000 | .088 | .000 | .128 | .128 | .000 | .000 | ** | .000 | .000 | ** |
| 5,000-5,999----- | .135 | .034 | .000 | .000 | .099 | .000 | .133 | .133 | .000 | .000 | ** | .004 | .000 | ** |
| 6,000-6,999----- | .131 | .039 | .000 | .000 | .092 | .000 | .144 | .143 | .000 | .001 | ** | .000 | .000 | ** |
| 7,000-9,999----- | .124 | .011 | .000 | .000 | .113 | .000 | .193 | .193 | .000 | .000 | ** | .000 | .000 | ** |
| 10,000 AND OVER---- | .085 | .006 | .000 | .000 | .079 | .000 | .102 | .102 | .000 | .000 | ** | .000 | .000 | ** |

MONEY VALUE PER PERSON PER WEEK (DOLLARS)

| | | | | | | | | | | | | | | |
|-----------------------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|
| ALL HOUSEHOLDS, YEAR- | .045 | .022 | .000 | .000 | .023 | .000 | .065 | .065 | .000 | * | .001 | .001 | .000 | .000 |
| SPRING----- | .047 | .026 | .000 | .000 | .021 | .000 | .049 | .048 | .000 | * | .001 | * | .000 | .000 |
| SUMMER----- | .049 | .021 | .000 | .000 | .028 | .000 | .080 | .080 | .000 | .000 | .001 | .001 | .000 | .000 |
| FALL----- | .046 | .026 | .000 | .000 | .020 | .000 | .070 | .070 | .000 | .000 | .002 | .002 | .000 | .000 |
| WINTER----- | .036 | .016 | .000 | .000 | .021 | .000 | .058 | .058 | .000 | .000 | .001 | .000 | .000 | .000 |
| UNDER 1,000----- | .090 | .042 | .000 | .000 | .048 | .000 | .074 | .074 | .000 | .000 | .000 | .000 | .000 | .000 |
| 1,000-1,999----- | .102 | .068 | .000 | .000 | .034 | .000 | .089 | .089 | .000 | .000 | .000 | .000 | .000 | .000 |
| 2,000-2,999----- | .058 | .032 | .000 | .000 | .026 | .000 | .069 | .069 | .000 | .000 | .002 | .002 | .000 | .000 |
| 3,000-3,999----- | .051 | .029 | .000 | .000 | .022 | .000 | .060 | .060 | .000 | .000 | .001 | .001 | .000 | .000 |
| 4,000-4,999----- | .036 | .018 | .000 | .000 | .018 | .000 | .055 | .055 | .000 | .000 | .001 | .000 | .000 | .000 |
| 5,000-5,999----- | .045 | .024 | .000 | .000 | .020 | .000 | .058 | .058 | .000 | .000 | .004 | .003 | .000 | .000 |
| 6,000-6,999----- | .046 | .027 | .000 | .000 | .019 | .000 | .063 | .061 | .000 | .002 | .003 | .000 | .000 | .000 |
| 7,000-9,999----- | .031 | .008 | .000 | .000 | .023 | .000 | .082 | .082 | .000 | .000 | * | .000 | .000 | .000 |
| 10,000 AND OVER---- | .020 | .004 | .000 | .000 | .016 | .000 | .045 | .045 | .000 | .000 | .000 | .000 | .000 | .000 |

PERCENT OF HOUSEHOLDS USING IN A WEEK

| | | | | | | | | | | | | | | |
|----------------|------|-----|----|----|------|----|------|------|----|----|----|----|----|----|
| ALL HOUSEHOLDS | | | | | | | | | | | | | | |
| SPRING----- | 35.2 | 9.7 | .0 | .0 | 30.5 | .0 | 43.2 | 43.2 | .0 | .2 | .8 | .2 | .0 | .0 |
| SUMMER----- | 39.4 | 9.1 | .0 | .0 | 34.9 | .0 | 53.9 | 53.9 | .0 | .0 | .4 | .4 | .0 | .0 |
| FALL----- | 31.5 | 7.8 | .0 | .0 | 26.5 | .0 | 45.9 | 45.9 | .0 | .0 | .4 | .4 | .0 | .0 |
| WINTER----- | 30.8 | 6.2 | .0 | .0 | 28.0 | .0 | 41.7 | 41.7 | .0 | .0 | .5 | .0 | .0 | .0 |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 1.-- NUMBER AND PERCENT OF HOUSEHOLDS
AND AVERAGE HOUSEHOLD SIZE

SOUTH

BY ORGANIZATION

| SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 | HOUSEHOLDS | | HOUSEHOLD SIZE | | | | | | | | |
|---|------------------|--------------------------|---------------------------------|------------------------------|---------|---------|------|-----------------------|---------|-----------------|------------------|
| | ACTUAL NUMBER | WEIGHTED PERCENT ‡ | EQUIV- ALENT PERSONS ‡ | EQUIVALENT NUTRITION UNITS † | | | | | | | |
| | | | | FOOD ENERGY | PROTEIN | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO- FLAVIN | ASCORBIC ACID |
| (1) | (2A) | (2B) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) |
| ALL URBANIZATIONS | | | | | | | | | | | |
| ALL HOUSEHOLDS, YEAR- | 5,349 | 100.00 | 3.30 | 2.45 | 2.80 | 3.68 | 3.98 | 2.96 | 2.53 | 2.59 | 3.06 |
| SPRING----- | 2,651 | 25.25 | 3.28 | 2.44 | 2.78 | 3.66 | 3.97 | 2.94 | 2.48 | 2.58 | 3.06 |
| SUMMER----- | 921 | 25.69 | 3.42 | 2.54 | 2.90 | 3.80 | 4.12 | 3.06 | 2.62 | 2.69 | 3.18 |
| FALL----- | 882 | 24.00 | 3.31 | 2.46 | 2.82 | 3.69 | 4.01 | 2.98 | 2.55 | 2.60 | 3.07 |
| WINTER----- | 895 | 25.06 | 3.19 | 2.37 | 2.70 | 3.56 | 3.84 | 2.86 | 2.47 | 2.50 | 2.91 |
| UNDER 1,000----- | 398 | 6.66 | 2.31 | 1.56 | 1.92 | 2.45 | 2.61 | 2.07 | 1.65 | 1.72 | 2.13 |
| 1,000-1,999----- | 679 | 12.42 | 2.74 | 1.93 | 2.33 | 3.00 | 3.16 | 2.50 | 2.04 | 2.09 | 2.56 |
| 2,000-2,999----- | 615 | 10.43 | 3.43 | 2.52 | 2.91 | 3.74 | 3.97 | 3.06 | 2.62 | 2.68 | 3.18 |
| 3,000-3,999----- | 654 | 10.70 | 3.66 | 2.70 | 3.06 | 4.01 | 4.32 | 3.21 | 2.79 | 2.84 | 3.32 |
| 4,000-4,999----- | 559 | 10.74 | 3.63 | 2.72 | 3.04 | 4.10 | 4.44 | 3.19 | 2.78 | 2.85 | 3.33 |
| 5,000-5,999----- | 639 | 13.44 | 3.42 | 2.58 | 2.90 | 3.86 | 4.22 | 3.06 | 2.66 | 2.70 | 3.15 |
| 6,000-6,999----- | 445 | 9.08 | 3.61 | 2.72 | 3.05 | 4.07 | 4.39 | 3.20 | 2.78 | 2.86 | 3.34 |
| 7,000-7,999----- | 306 | 6.75 | 3.49 | 2.65 | 2.95 | 3.93 | 4.34 | 3.12 | 2.69 | 2.78 | 3.24 |
| 8,000-8,999----- | 226 | 4.79 | 3.42 | 2.58 | 2.90 | 3.85 | 4.23 | 3.07 | 2.64 | 2.71 | 3.18 |
| 9,000-9,999----- | 178 | 4.47 | 3.48 | 2.64 | 2.95 | 3.95 | 4.34 | 3.11 | 2.75 | 2.77 | 3.17 |
| 10,000-14,999----- | 307 | 7.55 | 3.30 | 2.52 | 2.84 | 3.71 | 4.13 | 3.00 | 2.55 | 2.64 | 3.11 |
| 15,000 AND OVER---- | 128 | 2.96 | 3.62 | 2.81 | 3.18 | 4.26 | 4.65 | 3.38 | 2.86 | 2.95 | 3.51 |
| URBAN | | | | | | | | | | | |
| ALL HOUSEHOLDS, YEAR- | 2,359 | 100.00 | 3.14 | 2.32 | 2.65 | 3.52 | 3.84 | 2.81 | 2.39 | 2.46 | 2.91 |
| SPRING----- | 1,199 | 25.63 | 3.10 | 2.28 | 2.62 | 3.48 | 3.78 | 2.78 | 2.33 | 2.42 | 2.90 |
| SUMMER----- | 394 | 25.26 | 3.31 | 2.44 | 2.79 | 3.70 | 4.03 | 2.95 | 2.50 | 2.59 | 3.07 |
| FALL----- | 362 | 23.21 | 3.09 | 2.28 | 2.63 | 3.45 | 3.78 | 2.79 | 2.36 | 2.42 | 2.89 |
| WINTER----- | 404 | 25.90 | 3.07 | 2.26 | 2.58 | 3.46 | 3.75 | 2.74 | 2.37 | 2.39 | 2.79 |
| UNDER 1,000----- | 128 | 5.24 | 1.90 | 1.22 | 1.55 | 1.98 | 2.15 | 1.71 | 1.30 | 1.38 | 1.79 |
| 1,000-1,999----- | 234 | 10.30 | 2.32 | 1.58 | 1.95 | 2.56 | 2.70 | 2.12 | 1.70 | 1.74 | 2.17 |
| 2,000-2,999----- | 224 | 9.66 | 2.86 | 2.05 | 2.41 | 3.20 | 3.43 | 2.57 | 2.14 | 2.20 | 2.67 |
| 3,000-3,999----- | 240 | 10.02 | 3.46 | 2.51 | 2.86 | 3.85 | 4.17 | 3.02 | 2.60 | 2.65 | 3.14 |
| 4,000-4,999----- | 237 | 10.59 | 3.61 | 2.66 | 2.99 | 4.05 | 4.39 | 3.15 | 2.72 | 2.80 | 3.29 |
| 5,000-5,999----- | 307 | 14.34 | 3.31 | 2.47 | 2.78 | 3.71 | 4.07 | 2.94 | 2.54 | 2.60 | 3.04 |
| 6,000-6,999----- | 196 | 9.30 | 3.46 | 2.59 | 2.90 | 3.89 | 4.26 | 3.05 | 2.63 | 2.73 | 3.21 |
| 7,000-7,999----- | 174 | 7.77 | 3.45 | 2.60 | 2.90 | 3.86 | 4.27 | 3.05 | 2.63 | 2.73 | 3.18 |
| 8,000-8,999----- | 134 | 5.55 | 3.37 | 2.53 | 2.84 | 3.79 | 4.16 | 3.00 | 2.58 | 2.66 | 3.12 |
| 9,000-9,999----- | 112 | 5.28 | 3.52 | 2.70 | 3.01 | 4.04 | 4.39 | 3.17 | 2.83 | 2.82 | 3.19 |
| 10,000-14,999----- | 180 | 8.62 | 3.31 | 2.53 | 2.86 | 3.74 | 4.16 | 3.02 | 2.59 | 2.66 | 3.11 |
| 15,000 AND OVER---- | 71 | 3.31 | 3.53 | 2.72 | 3.11 | 4.10 | 4.51 | 3.31 | 2.76 | 2.86 | 3.44 |

† SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 1.-- NUMBER AND PERCENT OF HOUSEHOLDS
AND AVERAGE HOUSEHOLD SIZE--CONTINUED

SOUTH

BY ORGANIZATION

| SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 | HOUSEHOLDS | | HOUSEHOLD SIZE | | | | | | | | |
|---|------------------|--------------------------|---------------------------------|------------------------------|---------|---------|------|-----------------------|---------|-----------------|------------------|
| | ACTUAL NUMBER | WEIGHTED PERCENT ‡ | EQUIV- ALENT PERSONS ‡ | EQUIVALENT NUTRITION UNITS ‡ | | | | | | | |
| | | | | FOOD ENERGY | PROTEIN | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO- FLAVIN | ASCORBIC ACID |
| (1) | (2A) | (2B) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) |
| RURAL NONFARM | | | | | | | | | | | |
| ALL HOUSEHOLDS, YEAR- | 1,254 | 100.00 | 3.42 | 2.55 | 2.91 | 3.77 | 4.06 | 3.06 | 2.62 | 2.69 | 3.15 |
| SPRING----- | 619 | 24.52 | 3.42 | 2.55 | 2.90 | 3.77 | 4.09 | 3.05 | 2.59 | 2.69 | 3.17 |
| SUMMER----- | 217 | 25.79 | 3.47 | 2.57 | 2.95 | 3.79 | 4.08 | 3.11 | 2.66 | 2.72 | 3.22 |
| FALL----- | 211 | 25.08 | 3.47 | 2.59 | 2.94 | 3.83 | 4.13 | 3.08 | 2.67 | 2.73 | 3.18 |
| WINTER----- | 207 | 24.60 | 3.33 | 2.49 | 2.84 | 3.69 | 3.95 | 3.01 | 2.58 | 2.63 | 3.02 |
| UNDER 1,000----- | 115 | 8.66 | 2.35 | 1.59 | 1.96 | 2.48 | 2.62 | 2.11 | 1.67 | 1.75 | 2.14 |
| 1,000-1,999----- | 183 | 15.55 | 2.96 | 2.10 | 2.54 | 3.22 | 3.40 | 2.69 | 2.20 | 2.26 | 2.78 |
| 2,000-2,999----- | 136 | 10.59 | 4.00 | 2.97 | 3.38 | 4.25 | 4.49 | 3.53 | 3.07 | 3.14 | 3.66 |
| 3,000-3,999----- | 127 | 10.30 | 3.74 | 2.80 | 3.16 | 3.96 | 4.27 | 3.30 | 2.87 | 2.93 | 3.39 |
| 4,000-4,999----- | 132 | 10.92 | 3.63 | 2.77 | 3.06 | 4.13 | 4.48 | 3.18 | 2.82 | 2.90 | 3.33 |
| 5,000-5,999----- | 141 | 12.19 | 3.57 | 2.70 | 3.03 | 4.03 | 4.41 | 3.20 | 2.81 | 2.83 | 3.27 |
| 6,000-6,999----- | 111 | 8.90 | 3.85 | 2.92 | 3.26 | 4.37 | 4.57 | 3.43 | 3.00 | 3.07 | 3.54 |
| 7,000-9,999----- | 158 | 13.38 | 3.45 | 2.61 | 2.93 | 3.89 | 4.32 | 3.11 | 2.67 | 2.74 | 3.21 |
| 10,000 AND OVER---- | 104 | 9.52 | 3.38 | 2.58 | 2.90 | 3.83 | 4.24 | 3.05 | 2.57 | 2.71 | 3.22 |
| RURAL FARM | | | | | | | | | | | |
| ALL HOUSEHOLDS, YEAR- | 1,736 | 100.00 | 3.97 | 3.04 | 3.46 | 4.43 | 4.75 | 3.64 | 3.17 | 3.19 | 3.70 |
| SPRING----- | 833 | 25.40 | 4.07 | 3.13 | 3.55 | 4.53 | 4.86 | 3.73 | 3.20 | 3.28 | 3.85 |
| SUMMER----- | 310 | 28.36 | 4.01 | 3.07 | 3.46 | 4.50 | 4.82 | 3.65 | 3.23 | 3.23 | 3.69 |
| FALL----- | 309 | 25.44 | 4.13 | 3.16 | 3.59 | 4.68 | 5.02 | 3.78 | 3.32 | 3.32 | 3.83 |
| WINTER----- | 284 | 20.79 | 3.60 | 2.74 | 3.16 | 3.90 | 4.19 | 3.33 | 2.86 | 2.89 | 3.39 |
| UNDER 1,000----- | 155 | 8.84 | 3.83 | 2.84 | 3.26 | 4.22 | 4.45 | 3.44 | 3.00 | 3.00 | 3.51 |
| 1,000-1,999----- | 262 | 15.24 | 3.83 | 2.86 | 3.32 | 4.18 | 4.42 | 3.50 | 3.02 | 3.02 | 3.54 |
| 2,000-2,999----- | 255 | 15.17 | 4.41 | 3.39 | 3.86 | 4.72 | 5.01 | 4.04 | 3.56 | 3.56 | 4.13 |
| 3,000-3,999----- | 287 | 16.85 | 4.28 | 3.28 | 3.63 | 4.76 | 5.09 | 3.81 | 3.40 | 3.44 | 3.91 |
| 4,000-4,999----- | 190 | 11.14 | 3.77 | 2.89 | 3.31 | 4.31 | 4.66 | 3.50 | 3.02 | 3.04 | 3.53 |
| 5,000-5,999----- | 191 | 11.99 | 3.80 | 2.95 | 3.36 | 4.35 | 4.71 | 3.54 | 3.05 | 3.09 | 3.60 |
| 6,000-6,999----- | 138 | 8.23 | 3.74 | 2.92 | 3.31 | 4.29 | 4.66 | 3.48 | 3.02 | 3.06 | 3.53 |
| 7,000-9,999----- | 132 | 8.11 | 3.86 | 3.03 | 3.41 | 4.48 | 4.92 | 3.60 | 3.10 | 3.17 | 3.69 |
| 10,000 AND OVER---- | 80 | 4.43 | 3.89 | 3.04 | 3.43 | 4.53 | 4.94 | 3.62 | 3.13 | 3.18 | 3.71 |

‡ SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 2.--HOUSEHOLD COMPOSITION IN
TERMS OF MEALS AT HOME

SOUTH

ALL URBANIZATIONS

| SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 | TOTAL * | PERCENT OF TOTAL MEALS AT HOME | | | | | | | | | | | | |
|---|------------|--------------------------------|-------|----------------|----------------|----------------|----------------------|-------|-------------|-------|-------------|-------|----------------|----------------------|
| | | TOTAL 20 YEARS AND OVER | MEN | | | | | WOMEN | | | | | | |
| | | | TOTAL | 20-34 YEARS | 35-54 YEARS | 55-74 YEARS | 75 YEARS AND OVER | TOTAL | 20-34 YEARS | | 35-54 YEARS | | 55-74 YEARS | 75 YEARS AND OVER |
| | | | | | | | | | PREGNANT | OTHER | PREGNANT | OTHER | | |
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) | (13) | (14) | (15) |
| ALL HOUSEHOLDS, YEAR- | 100.0 | 57.6 | 25.3 | 6.5 | 10.5 | 6.7 | 1.6 | 32.3 | .4 | 8.4 | * | 12.6 | 8.5 | 2.3 |
| SPRING----- | 100.0 | 57.7 | 25.3 | 6.5 | 10.7 | 6.7 | 1.3 | 32.4 | .4 | 8.2 | * | 13.0 | 8.3 | 2.2 |
| SUMMER----- | 100.0 | 57.2 | 24.7 | 6.3 | 10.4 | 6.4 | 1.6 | 32.5 | .5 | 8.0 | * | 12.4 | 9.4 | 2.1 |
| FALL----- | 100.0 | 58.0 | 25.8 | 6.1 | 10.9 | 6.9 | 1.9 | 32.2 | .3 | 8.4 | * | 12.9 | 8.3 | 2.3 |
| WINTER----- | 100.0 | 57.6 | 25.4 | 7.0 | 10.2 | 6.6 | 1.6 | 32.2 | .4 | 8.9 | * | 12.3 | 8.1 | 2.5 |
| UNDER 1,000----- | 100.0 | 65.6 | 21.3 | 2.8 | 6.9 | 8.0 | 3.6 | 44.3 | .6 | 4.6 | * | 10.2 | 19.2 | 9.6 |
| 1,000-1,999----- | 100.0 | 64.2 | 26.0 | 3.7 | 6.0 | 12.1 | 4.1 | 38.2 | .3 | 4.6 | .0 | 10.1 | 17.7 | 5.3 |
| 2,000-2,999----- | 100.0 | 54.6 | 23.1 | 5.1 | 7.2 | 8.9 | 2.0 | 31.5 | .7 | 6.6 | .1 | 9.4 | 12.5 | 2.1 |
| 3,000-3,999----- | 100.0 | 54.6 | 24.7 | 6.8 | 8.4 | 7.9 | 1.6 | 29.9 | .4 | 8.2 | .0 | 11.6 | 8.2 | 1.4 |
| 4,000-4,999----- | 100.0 | 53.7 | 24.4 | 8.2 | 10.2 | 5.0 | 1.0 | 29.3 | .6 | 10.6 | .1 | 10.5 | 5.9 | 1.4 |
| 5,000-5,999----- | 100.0 | 56.5 | 25.9 | 7.9 | 11.0 | 6.1 | 1.0 | 30.6 | .4 | 9.9 | * | 13.1 | 6.3 | .8 |
| 6,000-6,999----- | 100.0 | 55.2 | 25.2 | 7.9 | 12.3 | 4.4 | .7 | 30.0 | .4 | 10.0 | .0 | 12.7 | 5.1 | 1.6 |
| 7,000-7,999----- | 100.0 | 57.1 | 26.1 | 7.9 | 14.4 | 3.1 | .5 | 31.0 | .4 | 10.2 | .1 | 15.9 | 3.1 | 1.3 |
| 8,000-8,999----- | 100.0 | 57.7 | 27.3 | 7.9 | 13.3 | 5.1 | 1.0 | 30.4 | .3 | 9.8 | .0 | 14.1 | 4.7 | 1.4 |
| 9,000-9,999----- | 100.0 | 56.0 | 24.9 | 7.3 | 12.9 | 3.4 | 1.3 | 31.1 | * | 11.1 | .0 | 14.7 | 3.3 | 1.9 |
| 10,000-14,999----- | 100.0 | 59.1 | 26.8 | 5.9 | 15.0 | 5.3 | .6 | 32.3 | .3 | 8.3 | .2 | 17.6 | 4.9 | 1.0 |
| 15,000 AND OVER----- | 100.0 | 56.6 | 24.5 | 3.4 | 15.4 | 3.3 | 2.4 | 32.1 | .2 | 4.7 | .3 | 19.5 | 4.7 | 2.6 |

| | TOTAL UNDER 20 YEARS (16) | PERCENT OF TOTAL MEALS AT HOME | | | | | | | | | | | | |
|-----------------------|--|--------------------------------|-------|-------|-------|------------------|------|-------|-------|-------|------------------------|------|------|------|
| | | BOYS 9-19 YEARS | | | | GIRLS 9-19 YEARS | | | | | CHILDREN UNDER 9 YEARS | | | |
| | | 9-11 | 12-14 | 15-17 | 18-19 | TOTAL + | 9-11 | 12-14 | 15-17 | 18-19 | UNDER 1 | 1-2 | 3-5 | 6-8 |
| | | (17) | (18) | (19) | (20) | (21) | (22) | (23) | (24) | (25) | (26) | (27) | (28) | (29) |
| ALL HOUSEHOLDS, YEAR- | 42.4 | 3.4 | 3.7 | 2.6 | 1.3 | 10.4 | 3.0 | 3.4 | 2.5 | 1.3 | 2.0 | 4.0 | 7.0 | 8.1 |
| SPRING----- | 42.4 | 3.0 | 3.6 | 2.9 | 1.3 | 10.5 | 2.7 | 3.6 | 2.7 | 1.3 | 2.4 | 4.1 | 7.1 | 7.5 |
| SUMMER----- | 42.8 | 3.2 | 4.3 | 2.5 | 1.1 | 9.8 | 2.8 | 3.5 | 2.1 | 1.1 | 2.0 | 4.0 | 6.6 | 9.1 |
| FALL----- | 42.0 | 3.8 | 3.6 | 2.6 | 1.3 | 10.0 | 3.2 | 3.2 | 2.2 | 1.3 | 1.5 | 4.2 | 6.9 | 8.2 |
| WINTER----- | 42.4 | 3.6 | 3.3 | 2.3 | 1.3 | 11.2 | 3.4 | 3.3 | 2.9 | 1.5 | 2.0 | 3.9 | 7.5 | 7.4 |
| UNDER 1,000----- | 34.4 | 2.5 | 1.3 | 2.1 | 1.0 | 7.0 | 2.4 | 2.3 | 1.3 | 1.0 | 2.5 | 4.4 | 6.9 | 6.8 |
| 1,000-1,999----- | 35.9 | 2.4 | 3.1 | 2.2 | 1.3 | 9.2 | 2.5 | 3.0 | 2.3 | 1.1 | 2.2 | 3.7 | 5.5 | 6.2 |
| 2,000-2,999----- | 45.4 | 3.5 | 5.0 | 3.5 | .8 | 10.3 | 2.8 | 3.5 | 2.5 | 1.3 | 1.9 | 4.2 | 7.1 | 9.1 |
| 3,000-3,999----- | 45.3 | 3.3 | 3.2 | 2.8 | 1.6 | 10.6 | 2.5 | 3.6 | 2.6 | 1.7 | 2.7 | 4.7 | 7.8 | 8.3 |
| 4,000-4,999----- | 46.3 | 4.0 | 3.8 | 2.8 | 1.0 | 10.1 | 2.9 | 3.4 | 2.5 | 1.1 | 2.3 | 4.9 | 8.8 | 8.5 |
| 5,000-5,999----- | 43.5 | 3.0 | 3.3 | 2.7 | 1.4 | 11.6 | 4.0 | 3.2 | 2.9 | 1.4 | 2.1 | 3.9 | 7.3 | 8.2 |
| 6,000-6,999----- | 44.8 | 3.4 | 3.6 | 2.9 | 1.4 | 11.0 | 3.7 | 3.6 | 2.8 | .8 | 2.6 | 3.8 | 7.5 | 8.8 |
| 7,000-7,999----- | 43.0 | 3.3 | 3.0 | 2.4 | 1.1 | 11.0 | 2.8 | 4.3 | 2.5 | 1.3 | 1.3 | 5.1 | 7.7 | 7.9 |
| 8,000-8,999----- | 42.3 | 4.6 | 4.2 | 1.3 | .9 | 11.5 | 3.7 | 3.7 | 3.1 | 1.0 | 1.5 | 4.1 | 7.0 | 7.1 |
| 9,000-9,999----- | 44.0 | 4.0 | 4.5 | 2.7 | 1.6 | 10.6 | 2.8 | 2.7 | 2.8 | 2.3 | 1.8 | 4.1 | 7.5 | 7.3 |
| 10,000-14,999----- | 40.9 | 4.0 | 4.6 | 1.9 | 1.4 | 9.0 | 3.0 | 2.8 | 2.1 | 1.0 | .9 | 3.1 | 6.4 | 9.6 |
| 15,000 AND OVER----- | 43.4 | 4.5 | 6.0 | 3.4 | 1.2 | 14.1 | 3.8 | 6.6 | 1.9 | 1.8 | .9 | 1.8 | 3.7 | 7.8 |

* SEE NOTES FOLLOWING WEST, TABLE 18.

YEAR BY SEASON 1965-1966 AND BY INCOME

TABLE 2.--HOUSEHOLD COMPOSITION IN
TERMS OF MEALS AT HOME

SOUTH

1966

| SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 | TOTAL # | PERCENT OF TOTAL MEALS AT HOME | | | | | | | | | | | | |
|---|------------|--------------------------------|------------|----------------|----------------|----------------|----------------------|------------|-------------|-------|-------------|-------|----------------|----------------------|
| | | TOTAL 20 YEARS AND OVER | MEN | | | | | WOMEN | | | | | | |
| | | | TOTAL . | 20-34 YEARS | 35-54 YEARS | 55-74 YEARS | 75 YEARS AND OVER | TOTAL # | 20-34 YEARS | | 35-54 YEARS | | 55-74 YEARS | 75 YEARS AND OVER |
| | | | | | | | | | PREGNANT | OTHER | PREGNANT | OTHER | | |
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) | (13) | (14) | (15) |
| ALL HOUSEHOLDS, YEAR- | 100.0 | 58.3 | 24.4 | 6.7 | 10.2 | 6.1 | 1.5 | 33.9 | .4 | 8.9 | * | 13.0 | 8.8 | 2.6 |
| SPRING----- | 100.0 | 58.6 | 24.6 | 6.6 | 10.5 | 6.2 | 1.4 | 34.0 | .4 | 8.9 | .1 | 13.0 | 8.9 | 2.6 |
| SUMMER----- | 100.0 | 57.4 | 23.4 | 6.5 | 10.4 | 5.5 | 1.1 | 34.0 | .3 | 8.8 | .1 | 12.9 | 9.5 | 2.3 |
| FALL----- | 100.0 | 60.0 | 25.3 | 6.1 | 10.6 | 6.8 | 1.9 | 34.7 | .5 | 8.4 | .0 | 13.9 | 9.0 | 2.9 |
| WINTER----- | 100.0 | 57.1 | 24.3 | 7.4 | 9.3 | 5.9 | 1.7 | 32.8 | .5 | 9.5 | .0 | 12.3 | 8.0 | 2.5 |
| UNDER 1,000----- | 100.0 | 72.1 | 17.1 | 1.1 | 7.3 | 6.3 | 2.5 | 55.0 | 1.1 | 5.4 | .0 | 11.0 | 22.1 | 15.3 |
| 1,000-1,999----- | 100.0 | 65.9 | 21.8 | 3.2 | 4.4 | 10.2 | 4.0 | 44.1 | .3 | 4.9 | .0 | 10.5 | 21.6 | 6.8 |
| 2,000-2,999----- | 100.0 | 58.7 | 22.4 | 5.3 | 4.8 | 9.3 | 3.0 | 36.3 | .5 | 7.8 | .1 | 9.7 | 14.6 | 3.4 |
| 3,000-3,999----- | 100.0 | 54.5 | 23.1 | 7.0 | 6.7 | 7.3 | 2.1 | 31.4 | .4 | 8.6 | .0 | 11.2 | 9.4 | 1.8 |
| 4,000-4,999----- | 100.0 | 53.9 | 23.3 | 7.8 | 9.2 | 5.3 | 1.0 | 30.6 | .7 | 11.2 | .1 | 9.9 | 6.5 | 2.0 |
| 5,000-5,999----- | 100.0 | 56.5 | 25.0 | 8.1 | 10.7 | 5.7 | .5 | 31.5 | .5 | 10.3 | .0 | 13.2 | 6.7 | .9 |
| 6,000-6,999----- | 100.0 | 54.6 | 24.1 | 8.6 | 10.7 | 4.1 | .7 | 30.5 | .2 | 10.2 | .0 | 12.9 | 5.4 | 1.8 |
| 7,000-7,999----- | 100.0 | 57.3 | 25.5 | 8.8 | 13.8 | 2.1 | .8 | 31.8 | .5 | 10.8 | .1 | 15.9 | 2.8 | 1.7 |
| 8,000-8,999----- | 100.0 | 56.5 | 26.5 | 7.9 | 13.2 | 4.8 | .7 | 30.0 | .4 | 9.4 | .0 | 14.0 | 4.8 | 1.4 |
| 9,000-9,999----- | 100.0 | 55.9 | 25.7 | 7.5 | 14.0 | 3.0 | 1.1 | 30.2 | .0 | 10.6 | .0 | 14.4 | 3.5 | 1.6 |
| 10,000-14,999----- | 100.0 | 59.2 | 26.5 | 6.0 | 15.1 | 5.2 | .2 | 32.7 | .4 | 7.7 | .2 | 18.1 | 5.1 | 1.0 |
| 15,000 AND OVER----- | 100.0 | 58.6 | 25.3 | 2.6 | 15.4 | 4.7 | 2.6 | 33.3 | .3 | 4.5 | .0 | 20.2 | 6.2 | 2.0 |

| | TOTAL UNDER 20 YEARS (16) | PERCENT OF TOTAL MEALS AT HOME | | | | | | | | | | | | |
|-----------------------|--|--------------------------------|-------|-------|-------|------------------|------|-------|-------|-------|------------------------|------|------|------|
| | | BOYS 9-19 YEARS | | | | GIRLS 9-19 YEARS | | | | | CHILDREN UNDER 9 YEARS | | | |
| | | 9-11 | 12-14 | 15-17 | 18-19 | TOTAL # | 9-11 | 12-14 | 15-17 | 18-19 | UNDER 1 | 1-2 | 3-5 | 5-8 |
| | | (17) | (18) | (19) | (20) | (21) | (22) | (23) | (24) | (25) | (26) | (27) | (28) | (29) |
| ALL HOUSEHOLDS, YEAR- | 41.8 | 3.2 | 3.6 | 2.3 | 1.3 | 10.0 | 2.9 | 3.3 | 2.4 | 1.2 | 2.0 | 4.3 | 7.4 | 7.9 |
| SPRING----- | 41.4 | 3.0 | 3.5 | 2.5 | 1.3 | 9.9 | 2.3 | 3.5 | 2.6 | 1.3 | 2.6 | 4.1 | 7.4 | 7.2 |
| SUMMER----- | 42.5 | 3.5 | 3.8 | 2.3 | 1.3 | 8.8 | 2.4 | 3.5 | 1.7 | 1.1 | 1.7 | 4.6 | 7.3 | 9.2 |
| FALL----- | 40.0 | 3.2 | 3.7 | 1.9 | 1.4 | 10.1 | 4.1 | 2.9 | 2.2 | 1.0 | 1.2 | 3.8 | 7.0 | 7.9 |
| WINTER----- | 42.9 | 3.1 | 3.4 | 2.2 | 1.3 | 11.1 | 3.1 | 3.2 | 3.2 | 1.4 | 2.3 | 4.5 | 7.9 | 7.1 |
| UNDER 1,000----- | 27.9 | 1.7 | .3 | 1.1 | .7 | 3.3 | 1.6 | .8 | .6 | .4 | 2.3 | 4.3 | 7.3 | 7.0 |
| 1,000-1,999----- | 34.1 | 2.0 | 2.9 | 1.6 | 1.2 | 9.6 | 2.4 | 3.2 | 2.1 | 1.2 | 3.0 | 4.1 | 4.7 | 5.0 |
| 2,000-2,999----- | 41.3 | 3.9 | 4.6 | 2.6 | .7 | 8.3 | 1.8 | 3.4 | 1.8 | 1.2 | 1.6 | 3.8 | 8.0 | 7.8 |
| 3,000-3,999----- | 45.5 | 3.0 | 2.6 | 2.4 | 1.2 | 10.1 | 2.4 | 3.6 | 2.6 | 1.4 | 2.9 | 4.9 | 6.6 | 9.8 |
| 4,000-4,999----- | 46.1 | 3.3 | 4.3 | 2.0 | .7 | 10.4 | 3.4 | 3.3 | 2.8 | .7 | 2.3 | 5.7 | 9.3 | 8.1 |
| 5,000-5,999----- | 43.5 | 3.3 | 3.4 | 2.4 | 1.4 | 10.5 | 3.6 | 2.9 | 2.5 | 1.5 | 2.1 | 4.5 | 8.0 | 7.9 |
| 6,000-6,999----- | 45.4 | 3.4 | 3.1 | 2.6 | 1.7 | 10.9 | 3.6 | 4.1 | 2.2 | .9 | 2.7 | 4.0 | 8.4 | 6.7 |
| 7,000-7,999----- | 42.7 | 2.2 | 2.7 | 2.9 | 1.4 | 9.8 | 2.6 | 3.5 | 2.1 | 1.3 | 1.2 | 6.1 | 8.9 | 7.5 |
| 8,000-8,999----- | 43.5 | 4.9 | 4.5 | 1.0 | 1.2 | 10.5 | 3.1 | 3.5 | 3.1 | .8 | 2.2 | 4.1 | 7.6 | 7.3 |
| 9,000-9,999----- | 44.1 | 2.9 | 4.5 | 3.1 | 2.1 | 11.9 | 3.2 | 2.8 | 3.7 | 2.1 | 2.0 | 4.6 | 6.5 | 6.5 |
| 10,000-14,999----- | 40.8 | 4.0 | 4.7 | 2.0 | 1.4 | 9.5 | 2.9 | 2.6 | 2.8 | 1.3 | .9 | 2.7 | 6.2 | 9.5 |
| 15,000 AND OVER---- | 41.4 | 3.5 | 4.5 | 3.1 | 1.7 | 14.3 | 4.4 | 6.7 | 1.8 | 1.4 | .4 | 1.7 | 3.6 | 6.4 |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 2.--HOUSEHOLD COMPOSITION IN
TERMS OF MEALS AT HOME

SOUTH

RURAL NONFARM

| SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 | TOTAL * | PERCENT OF TOTAL MEALS AT HOME | | | | | | | | | | | | |
|---|------------|--------------------------------|-------|----------------|----------------|----------------|----------------------|------------|-------------|-------|-------------|-------|----------------|----------------------|
| | | TOTAL 20 YEARS AND OVER | MEN | | | | | WOMEN | | | | | | |
| | | | TOTAL | 20-34 YEARS | 35-54 YEARS | 55-74 YEARS | 75 YEARS AND OVER | TOTAL * | 20-34 YEARS | | 35-54 YEARS | | 55-74 YEARS | 75 YEARS AND OVER |
| | | | | | | | | | PREGNANT | OTHER | PREGNANT | OTHER | | |
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) | (13) | (14) | (15) |
| ALL HOUSEHOLDS, YEAR- | 100.0 | 56.6 | 25.9 | 6.5 | 10.4 | 7.1 | 1.8 | 30.7 | .4 | 8.4 | * | 11.6 | 8.2 | 2.1 |
| SPRING----- | 100.0 | 56.3 | 25.5 | 6.6 | 10.3 | 7.3 | 1.2 | 30.8 | .5 | 8.1 | .0 | 12.6 | 7.5 | 1.8 |
| SUMMER----- | 100.0 | 56.7 | 25.7 | 6.4 | 9.7 | 7.3 | 2.4 | 31.0 | .8 | 7.4 | .0 | 11.1 | 9.6 | 2.0 |
| FALL----- | 100.0 | 55.9 | 26.3 | 6.5 | 10.8 | 6.9 | 2.1 | 29.6 | .0 | 9.1 | .0 | 10.9 | 7.7 | 1.8 |
| WINTER----- | 100.0 | 57.4 | 26.0 | 6.5 | 11.0 | 6.9 | 1.6 | 31.4 | .1 | 8.9 | .1 | 11.7 | 7.7 | 2.8 |
| UNDER 1,000----- | 100.0 | 64.8 | 23.1 | 3.0 | 6.1 | 8.7 | 5.3 | 41.7 | .2 | 4.0 | .0 | 9.6 | 20.2 | 7.7 |
| 1,000-1,999----- | 100.0 | 64.5 | 28.8 | 3.9 | 6.4 | 13.5 | 5.1 | 35.7 | .3 | 4.4 | .0 | 9.3 | 16.3 | 5.1 |
| 2,000-2,999----- | 100.0 | 50.4 | 23.3 | 4.7 | 9.6 | 8.2 | .8 | 27.1 | .8 | 5.8 | .0 | 8.0 | 11.2 | .9 |
| 3,000-3,999----- | 100.0 | 54.5 | 25.7 | 6.8 | 9.2 | 9.0 | .9 | 28.8 | .3 | 8.9 | .0 | 11.8 | 6.7 | .8 |
| 4,000-4,999----- | 100.0 | 51.3 | 24.4 | 9.7 | 10.2 | 3.6 | .9 | 26.9 | .6 | 11.2 | .0 | 10.1 | 4.5 | .5 |
| 5,000-5,999----- | 100.0 | 55.9 | 26.9 | 8.6 | 10.2 | 6.4 | 1.6 | 29.0 | .4 | 10.0 | .0 | 12.0 | 5.7 | .7 |
| 6,000-6,999----- | 100.0 | 54.7 | 25.7 | 6.9 | 14.1 | 4.2 | .5 | 29.0 | .7 | 10.6 | .0 | 11.5 | 4.1 | 2.0 |
| 7,000-9,999----- | 100.0 | 57.2 | 26.3 | 7.4 | 12.7 | 5.1 | 1.1 | 30.9 | .0 | 10.7 | .0 | 15.0 | 3.8 | 1.4 |
| 10,000 AND OVER---- | 100.0 | 56.9 | 25.9 | 5.6 | 14.7 | 3.9 | 1.6 | 31.0 | .0 | 8.5 | .3 | 16.9 | 3.5 | 1.8 |

| | TOTAL UNDER 20 YEARS (16) | PERCENT OF TOTAL MEALS AT HOME | | | | | | | | | | | | |
|-----------------------|--|--------------------------------|-------|-------|-------|------------------|------|-------|-------|-------|------------------------|------|------|------|
| | | BOYS 9-19-YEARS | | | | GIRLS 9-19 YEARS | | | | | CHILDREN UNDER 9 YEARS | | | |
| | | 9-11 | 12-14 | 15-17 | 18-19 | TOTAL † | 9-11 | 12-14 | 15-17 | 18-19 | UNDER 1 | 1-2 | 3-5 | 6-8 |
| | | (17) | (18) | (19) | (20) | (21) | (22) | (23) | (24) | (25) | (26) | (27) | (28) | (29) |
| ALL HOUSEHOLDS, YEAR- | 43.4 | 3.6 | 3.8 | 2.8 | 1.1 | 10.4 | 3.2 | 3.4 | 2.3 | 1.4 | 2.1 | 4.1 | 6.8 | 8.6 |
| SPRING----- | 43.7 | 2.9 | 3.5 | 3.3 | 1.1 | 10.8 | 3.2 | 3.7 | 2.7 | 1.0 | 2.3 | 4.3 | 7.1 | 8.4 |
| SUMMER----- | 43.2 | 2.6 | 5.3 | 2.5 | .8 | 10.5 | 3.7 | 2.9 | 2.3 | 1.1 | 2.9 | 3.6 | 6.1 | 9.0 |
| FALL----- | 44.1 | 4.5 | 3.1 | 3.4 | 1.3 | 9.0 | 1.9 | 3.4 | 1.9 | 1.8 | 1.9 | 5.1 | 6.8 | 9.0 |
| WINTER----- | 42.6 | 4.5 | 3.2 | 2.1 | 1.4 | 11.5 | 4.0 | 3.5 | 2.2 | 1.7 | 1.4 | 3.2 | 7.3 | 8.1 |
| UNDER 1,000----- | 35.2 | 2.9 | 1.3 | 2.1 | 1.4 | 7.2 | 2.0 | 3.1 | .9 | 1.2 | 3.0 | 4.4 | 6.7 | 6.1 |
| 1,000-1,999----- | 35.5 | 2.5 | 3.1 | 2.5 | 1.2 | 7.8 | 2.7 | 2.3 | 1.9 | .9 | 1.4 | 3.7 | 6.1 | 7.2 |
| 2,000-2,999----- | 49.6 | 3.0 | 5.5 | 4.0 | .4 | 11.3 | 3.8 | 2.8 | 2.6 | 1.4 | 2.6 | 5.0 | 6.7 | 11.3 |
| 3,000-3,999----- | 45.5 | 3.5 | 3.7 | 3.0 | 2.0 | 10.7 | 2.4 | 3.5 | 2.1 | 2.2 | 3.0 | 5.3 | 6.8 | 7.6 |
| 4,000-4,999----- | 48.7 | 5.4 | 2.9 | 4.2 | 1.5 | 9.2 | 2.2 | 3.5 | 1.7 | 1.8 | 2.5 | 4.4 | 9.0 | 9.6 |
| 5,000-5,999----- | 44.1 | 2.0 | 2.5 | 2.9 | 1.7 | 13.4 | 5.2 | 3.2 | 3.6 | 1.4 | 2.6 | 3.3 | 6.7 | 9.1 |
| 6,000-6,999----- | 45.3 | 3.6 | 4.4 | 3.2 | .8 | 11.1 | 3.8 | 3.1 | 3.6 | .6 | 2.6 | 3.9 | 6.6 | 9.1 |
| 7,000-9,999----- | 42.8 | 5.3 | 3.7 | 1.4 | .4 | 12.0 | 3.4 | 4.4 | 2.4 | 1.8 | 1.0 | 3.4 | 7.1 | 8.5 |
| 10,000 AND OVER---- | 43.1 | 4.8 | 5.9 | 2.1 | .9 | 9.5 | 3.2 | 4.2 | .9 | 1.2 | 1.3 | 3.6 | 6.1 | 8.9 |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 2.--HOUSEHOLD COMPOSITION IN
TERMS OF MEALS AT HOME

SOUTH

RURAL FARM

| SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 | TOTAL * | PERCENT OF TOTAL MEALS AT HOME | | | | | | | | | | | | |
|---|------------|--------------------------------|-------|----------------|----------------|----------------|----------------------|------------|-------------|-------|-------------|-------|----------------|----------------------|
| | | TOTAL 20 YEARS AND OVER | MEN | | | | | WOMEN | | | | | | |
| | | | TOTAL | 20-34 YEARS | 35-54 YEARS | 55-74 YEARS | 75 YEARS AND OVER | TOTAL * | 20-34 YEARS | | 35-54 YEARS | | 55-74 YEARS | 75 YEARS AND OVER |
| | | | | | | | | | PREGNANT | OTHER | PREGNANT | OTHER | | |
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) | (13) | (14) | (15) |
| ALL HOUSEHOLDS, YEAR- | 100.0 | 57.4 | 28.2 | 5.3 | 12.8 | 8.6 | 1.5 | 29.2 | .4 | 5.4 | .1 | 13.9 | 8.0 | 1.4 |
| SPRING----- | 100.0 | 56.5 | 28.1 | 5.5 | 13.1 | 8.1 | 1.5 | 28.4 | .3 | 5.3 | * | 14.2 | 7.1 | 1.2 |
| SUMMER----- | 100.0 | 57.2 | 27.8 | 5.2 | 12.4 | 8.7 | 1.5 | 29.4 | .3 | 5.3 | .0 | 13.6 | 8.6 | 1.4 |
| FALL----- | 100.0 | 55.2 | 26.6 | 5.1 | 12.6 | 7.5 | 1.4 | 28.6 | .6 | 5.6 | .2 | 13.9 | 6.9 | 1.2 |
| WINTER----- | 100.0 | 61.7 | 30.8 | 5.4 | 13.1 | 10.7 | 1.6 | 30.9 | .4 | 5.2 | .0 | 14.1 | 9.8 | 1.6 |
| UNDER 1,000----- | 100.0 | 54.2 | 25.8 | 5.8 | 8.3 | 9.8 | 1.9 | 28.4 | .6 | 4.5 | .1 | 9.7 | 11.0 | 2.1 |
| 1,000-1,999----- | 100.0 | 58.0 | 29.3 | 5.0 | 9.5 | 13.2 | 1.6 | 28.7 | .3 | 4.4 | .0 | 11.5 | 10.5 | 1.5 |
| 2,000-2,999----- | 100.0 | 52.9 | 24.7 | 5.2 | 8.7 | 9.0 | 1.8 | 28.2 | .7 | 5.0 | .1 | 12.0 | 9.3 | 1.0 |
| 3,000-3,999----- | 100.0 | 55.5 | 27.9 | 6.0 | 12.6 | 7.8 | 1.5 | 27.6 | .4 | 5.8 | .0 | 12.5 | 7.5 | 1.3 |
| 4,000-4,999----- | 100.0 | 61.1 | 30.9 | 5.3 | 16.5 | 7.4 | 1.7 | 30.2 | .3 | 4.7 | .2 | 16.4 | 7.2 | 1.4 |
| 5,000-5,999----- | 100.0 | 59.0 | 29.2 | 3.9 | 15.7 | 8.1 | 1.5 | 29.8 | .1 | 5.9 | .1 | 16.8 | 6.0 | 1.1 |
| 6,000-6,999----- | 100.0 | 61.2 | 30.2 | 6.9 | 15.2 | 7.0 | 1.1 | 31.0 | .5 | 6.0 | .0 | 16.5 | 7.3 | .7 |
| 7,000-9,999----- | 100.0 | 59.1 | 28.0 | 4.2 | 18.6 | 5.2 | .1 | 31.1 | .3 | 7.9 | .3 | 16.8 | 4.3 | 1.4 |
| 10,000 AND OVER---- | 100.0 | 58.2 | 27.6 | 4.6 | 16.7 | 5.3 | 1.1 | 30.6 | .5 | 4.7 | .0 | 19.2 | 4.0 | 2.2 |

| | TOTAL UNDER 20 YEARS (16) | PERCENT OF TOTAL MEALS AT HOME | | | | | | | | | | | | |
|-----------------------|--|--------------------------------|-------|-------|-------|------------------|------|-------|-------|-------|------------------------|------|------|------|
| | | BOYS 9-19 YEARS | | | | GIRLS 9-19 YEARS | | | | | CHILDREN UNDER 9 YEARS | | | |
| | | 9-11 | 12-14 | 15-17 | 18-19 | TOTAL + | 9-11 | 12-14 | 15-17 | 18-19 | UNDER 1 | 1-2 | 3-5 | 6-8 |
| | | (17) | (18) | (19) | (20) | (21) | (22) | (23) | (24) | (25) | (26) | (27) | (28) | (29) |
| ALL HOUSEHOLDS, YEAR- | 42.6 | 3.7 | 4.3 | 3.8 | 1.5 | 12.4 | 2.9 | 4.3 | 3.7 | 1.3 | 1.4 | 2.6 | 5.5 | 7.4 |
| SPRING----- | 43.4 | 3.4 | 4.6 | 3.9 | 1.8 | 12.4 | 2.8 | 4.1 | 3.8 | 1.5 | 1.5 | 3.1 | 5.7 | 7.1 |
| SUMMER----- | 42.7 | 3.5 | 4.0 | 3.9 | 1.3 | 13.2 | 2.8 | 5.2 | 3.7 | 1.4 | 1.5 | 2.4 | 4.0 | 6.9 |
| FALL----- | 44.7 | 4.4 | 5.1 | 3.5 | 1.3 | 12.7 | 3.3 | 4.0 | 3.8 | 1.4 | 1.2 | 2.8 | 6.7 | 7.0 |
| WINTER----- | 38.2 | 3.1 | 3.2 | 4.1 | 1.5 | 10.9 | 2.9 | 3.6 | 3.3 | .8 | 1.5 | 1.9 | 5.7 | 6.2 |
| UNDER 1,000----- | 45.8 | 3.1 | 3.2 | 4.1 | .7 | 13.9 | 4.6 | 3.5 | 3.8 | 2.0 | 1.8 | 4.2 | 6.8 | 8.0 |
| 1,000-1,999----- | 42.0 | 3.1 | 3.8 | 3.2 | 1.6 | 12.4 | 2.2 | 4.4 | 3.6 | 1.9 | 2.6 | 2.8 | 5.9 | 6.7 |
| 2,000-2,999----- | 47.2 | 3.7 | 5.0 | 4.8 | 2.1 | 14.0 | 3.0 | 5.5 | 4.3 | 1.1 | 1.3 | 3.1 | 5.7 | 7.3 |
| 3,000-3,999----- | 44.6 | 3.5 | 4.0 | 3.7 | 1.9 | 12.2 | 3.1 | 4.3 | 3.5 | 1.3 | 1.6 | 2.7 | 7.1 | 7.8 |
| 4,000-4,999----- | 39.0 | 3.5 | 4.3 | 3.0 | .9 | 11.6 | 2.5 | 3.7 | 3.6 | 1.5 | 1.3 | 1.9 | 5.0 | 7.5 |
| 5,000-5,999----- | 41.0 | 4.0 | 5.8 | 3.5 | .9 | 12.7 | 2.7 | 5.2 | 3.7 | 1.0 | 1.0 | 2.0 | 4.0 | 7.2 |
| 6,000-6,999----- | 38.8 | 2.9 | 3.9 | 4.4 | 1.7 | 10.6 | 3.3 | 2.3 | 4.0 | 1.0 | 1.0 | 1.7 | 4.5 | 8.1 |
| 7,000-9,999----- | 40.9 | 5.8 | 4.1 | 3.9 | 1.3 | 12.0 | 3.2 | 4.5 | 3.2 | 1.0 | .8 | 2.7 | 3.1 | 7.3 |
| 10,000 AND OVER---- | 41.9 | 4.2 | 4.8 | 4.0 | 1.2 | 12.7 | 3.1 | 5.2 | 3.4 | 1.0 | .8 | 1.4 | 4.6 | 8.0 |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 3.--NUTRITIVE VALUE OF DIETS
PER PERSON

SOUTH

BY ORGANIZATION

| SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 (1) | AVERAGE PER DAY | | | | | | | | | | |
|--|-----------------|---------|-------|-------------------|---------|------|-----------------------|---------|-----------------|--------|------------------|
| | FOOD ENERGY | PROTEIN | FAT | CARBO- HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO- FLAVIN | NIACIN | ASCORBIC ACID |
| | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) |
| | CAL | G | G | G | MG | MG | IU | MG | MG | MG | MG |
| ALL URBANIZATIONS | | | | | | | | | | | |
| ALL HOUSEHOLDS, YEAR- | 3,295 | 102.6 | 155.2 | 376.5 | 1,127 | 19.9 | 7,550 | 1.63 | 2.32 | 24.4 | 98 |
| SPRING----- | 3,314 | 103.3 | 158.0 | 373.8 | 1,130 | 19.8 | 6,910 | 1.62 | 2.33 | 24.0 | 93 |
| SUMMER----- | 3,278 | 101.2 | 153.3 | 379.1 | 1,097 | 19.5 | 7,410 | 1.63 | 2.29 | 24.1 | 102 |
| FALL----- | 3,380 | 105.7 | 158.8 | 386.6 | 1,159 | 20.6 | 8,620 | 1.67 | 2.37 | 25.7 | 97 |
| WINTER----- | 3,212 | 100.1 | 150.9 | 366.7 | 1,123 | 19.6 | 7,310 | 1.61 | 2.28 | 23.6 | 100 |
| UNDER 1,000----- | 3,162 | 94.9 | 138.4 | 386.6 | 1,123 | 19.6 | 7,360 | 1.61 | 2.17 | 23.0 | 87 |
| 1,000-1,999----- | 3,168 | 95.5 | 140.1 | 386.3 | 1,118 | 20.1 | 7,480 | 1.67 | 2.24 | 23.2 | 86 |
| 2,000-2,999----- | 3,130 | 92.4 | 140.2 | 379.0 | 1,036 | 19.2 | 7,010 | 1.64 | 2.12 | 22.0 | 82 |
| 3,000-3,999----- | 3,215 | 97.0 | 147.8 | 379.2 | 1,078 | 19.5 | 7,220 | 1.62 | 2.20 | 23.1 | 83 |
| 4,000-4,999----- | 3,292 | 101.8 | 154.2 | 380.3 | 1,104 | 19.7 | 7,020 | 1.64 | 2.26 | 23.9 | 88 |
| 5,000-5,999----- | 3,382 | 106.9 | 161.0 | 382.2 | 1,148 | 20.5 | 7,860 | 1.65 | 2.41 | 25.2 | 101 |
| 6,000-6,999----- | 3,327 | 103.6 | 160.2 | 372.9 | 1,117 | 19.9 | 7,240 | 1.62 | 2.31 | 24.7 | 100 |
| 7,000-7,999----- | 3,416 | 108.5 | 165.9 | 377.9 | 1,154 | 20.0 | 7,900 | 1.66 | 2.39 | 25.5 | 109 |
| 8,000-8,999----- | 3,408 | 108.7 | 167.8 | 368.8 | 1,151 | 19.9 | 8,290 | 1.59 | 2.45 | 25.8 | 114 |
| 9,000-9,999----- | 3,275 | 106.2 | 160.1 | 357.3 | 1,140 | 19.5 | 7,000 | 1.59 | 2.36 | 25.2 | 108 |
| 10,000-14,999----- | 3,458 | 113.4 | 171.1 | 369.5 | 1,231 | 20.1 | 8,320 | 1.63 | 2.57 | 26.8 | 126 |
| 15,000 AND OVER---- | 3,530 | 116.5 | 176.7 | 364.3 | 1,218 | 20.5 | 8,600 | 1.67 | 2.56 | 27.2 | 138 |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 3.--NUTRITIVE VALUE OF DIETS
PER PERSON--CONTINUED

SOUTH

BY ORGANIZATION

| SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 (1) | AVERAGE PER DAY | | | | | | | | | | |
|--|-----------------|---------|-------|-------------------|---------|------|-----------------------|---------|-----------------|--------|------------------|
| | FOOD ENERGY | PROTEIN | FAT | CARBO- HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO- FLAVIN | NIACIN | ASCORBIC ACID |
| | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) |
| URBAN | CAL | G | G | G | MG | MG | IU | MG | MG | MG | MG |
| ALL HOUSEHOLDS, YEAR-- | 3,162 | 101.6 | 152.0 | 350.8 | 1,074 | 19.1 | 7,640 | 1.54 | 2.27 | 23.9 | 101 |
| SPRING----- | 3,212 | 103.7 | 155.7 | 352.6 | 1,088 | 19.4 | 7,420 | 1.57 | 2.32 | 24.2 | 99 |
| SUMMER----- | 3,105 | 99.2 | 149.1 | 346.2 | 1,036 | 18.4 | 7,520 | 1.51 | 2.21 | 23.5 | 100 |
| FALL----- | 3,279 | 105.5 | 157.4 | 363.7 | 1,104 | 19.9 | 8,600 | 1.59 | 2.35 | 25.2 | 101 |
| WINTER----- | 3,066 | 98.5 | 146.3 | 342.5 | 1,072 | 18.6 | 7,120 | 1.51 | 2.22 | 23.0 | 104 |
| UNDER 1,000----- | 2,871 | 89.0 | 131.5 | 331.7 | 963 | 17.8 | 6,940 | 1.41 | 2.00 | 21.5 | 86 |
| 1,000-1,999----- | 2,903 | 94.1 | 132.2 | 339.1 | 1,007 | 18.8 | 6,980 | 1.52 | 2.12 | 22.3 | 83 |
| 2,000-2,999----- | 3,017 | 95.1 | 137.9 | 353.6 | 1,001 | 18.7 | 7,940 | 1.54 | 2.13 | 22.0 | 92 |
| 3,000-3,999----- | 2,982 | 92.7 | 139.6 | 342.9 | 1,008 | 17.9 | 7,260 | 1.47 | 2.11 | 21.7 | 84 |
| 4,000-4,999----- | 3,068 | 96.9 | 144.9 | 349.2 | 1,002 | 18.6 | 7,180 | 1.53 | 2.14 | 22.8 | 90 |
| 5,000-5,999----- | 3,228 | 104.2 | 156.3 | 355.1 | 1,094 | 19.8 | 7,860 | 1.56 | 2.37 | 24.4 | 97 |
| 6,000-6,999----- | 3,178 | 101.1 | 154.1 | 350.7 | 1,033 | 18.9 | 7,340 | 1.51 | 2.23 | 23.6 | 105 |
| 7,000-7,999----- | 3,382 | 107.9 | 165.0 | 372.2 | 1,116 | 19.8 | 8,050 | 1.63 | 2.33 | 25.7 | 109 |
| 8,000-8,999----- | 3,383 | 108.3 | 167.3 | 363.6 | 1,140 | 19.6 | 8,270 | 1.57 | 2.41 | 26.0 | 117 |
| 9,000-9,999----- | 3,190 | 104.4 | 157.8 | 342.6 | 1,118 | 18.8 | 6,630 | 1.53 | 2.30 | 24.6 | 107 |
| 10,000-14,999----- | 3,401 | 114.2 | 168.1 | 359.7 | 1,239 | 20.0 | 8,450 | 1.61 | 2.59 | 26.7 | 126 |
| 15,000 AND OVER---- | 3,239 | 109.8 | 165.7 | 328.6 | 1,163 | 19.1 | 8,510 | 1.53 | 2.44 | 26.0 | 126 |
| RURAL NONFARM | | | | | | | | | | | |
| ALL HOUSEHOLDS, YEAR-- | 3,428 | 103.6 | 158.7 | 401.2 | 1,184 | 20.7 | 7,360 | 1.72 | 2.36 | 24.9 | 96 |
| SPRING----- | 3,407 | 102.5 | 160.4 | 393.0 | 1,174 | 20.1 | 6,330 | 1.65 | 2.31 | 23.8 | 87 |
| SUMMER----- | 3,451 | 103.4 | 158.1 | 410.8 | 1,164 | 20.5 | 7,330 | 1.74 | 2.37 | 24.8 | 103 |
| FALL----- | 3,466 | 106.6 | 159.8 | 405.9 | 1,216 | 21.4 | 8,320 | 1.75 | 2.38 | 26.5 | 93 |
| WINTER----- | 3,385 | 101.9 | 156.5 | 394.3 | 1,181 | 20.9 | 7,420 | 1.75 | 2.35 | 24.5 | 97 |
| UNDER 1,000----- | 3,366 | 100.8 | 145.9 | 417.7 | 1,267 | 21.2 | 7,950 | 1.73 | 2.32 | 24.6 | 93 |
| 1,000-1,999----- | 3,249 | 94.6 | 140.7 | 406.0 | 1,162 | 20.6 | 7,830 | 1.73 | 2.29 | 23.6 | 88 |
| 2,000-2,999----- | 3,172 | 89.1 | 141.1 | 390.5 | 1,027 | 19.5 | 6,030 | 1.68 | 2.06 | 21.7 | 72 |
| 3,000-3,999----- | 3,411 | 101.4 | 156.1 | 406.3 | 1,152 | 21.0 | 7,170 | 1.72 | 2.23 | 24.3 | 81 |
| 4,000-4,999----- | 3,551 | 108.2 | 164.9 | 415.4 | 1,236 | 21.1 | 6,590 | 1.78 | 2.42 | 25.4 | 85 |
| 5,000-5,999----- | 3,614 | 111.4 | 167.8 | 422.7 | 1,225 | 21.7 | 7,680 | 1.78 | 2.47 | 26.6 | 107 |
| 6,000-6,999----- | 3,443 | 104.8 | 165.2 | 390.2 | 1,211 | 20.8 | 6,690 | 1.73 | 2.37 | 25.7 | 90 |
| 7,000-9,999----- | 3,419 | 108.9 | 165.4 | 378.4 | 1,169 | 20.4 | 7,730 | 1.67 | 2.47 | 25.4 | 107 |
| 10,000 AND OVER---- | 3,710 | 116.5 | 182.5 | 398.3 | 1,244 | 21.0 | 8,160 | 1.73 | 2.61 | 27.8 | 139 |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 3.--NUTRITIVE VALUE OF DIETS
PER PERSON--CONTINUED

SOUTH

BY URBANIZATION

| SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 (1) | AVERAGE PER DAY | | | | | | | | | | |
|--|-----------------|---------|-------|-------------------|---------|------|-----------------------|---------|-----------------|--------|------------------|
| | FOOD ENERGY | PROTEIN | FAT | CARBU- HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO- FLAVIN | NIACIN | ASCORBIC ACID |
| | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) |
| RURAL FARM--ALL FOOD | | | | | | | | | | | |
| | CAL | G | G | G | MG | MG | IU | MG | MG | MG | MG |
| ALL HOUSEHOLDS, YEAR-- | 3,611 | 104.4 | 162.1 | 440.0 | 1,236 | 21.3 | 7,710 | 1.85 | 2.45 | 24.9 | 92 |
| SPRING----- | 3,582 | 104.0 | 162.9 | 430.4 | 1,226 | 21.0 | 5,940 | 1.81 | 2.40 | 24.1 | 79 |
| SUMMER----- | 3,663 | 105.4 | 161.1 | 455.9 | 1,214 | 21.7 | 7,110 | 1.90 | 2.49 | 25.4 | 105 |
| FALL----- | 3,599 | 103.8 | 162.2 | 436.8 | 1,247 | 21.0 | 9,690 | 1.85 | 2.43 | 25.1 | 93 |
| WINTER----- | 3,584 | 104.1 | 162.3 | 433.3 | 1,264 | 21.5 | 8,280 | 1.84 | 2.46 | 24.9 | 91 |
| UNDER 1,000----- | 3,289 | 93.4 | 135.6 | 427.3 | 1,119 | 19.5 | 6,850 | 1.72 | 2.18 | 22.1 | 74 |
| 1,000-1,999----- | 3,679 | 102.4 | 161.0 | 461.0 | 1,302 | 22.0 | 7,830 | 1.92 | 2.44 | 24.3 | 85 |
| 2,000-2,999----- | 3,351 | 92.6 | 144.5 | 423.8 | 1,159 | 19.9 | 6,730 | 1.81 | 2.23 | 22.7 | 75 |
| 3,000-3,999----- | 3,591 | 102.3 | 158.0 | 444.9 | 1,161 | 21.6 | 7,190 | 1.90 | 2.42 | 25.3 | 87 |
| 4,000-4,999----- | 3,773 | 109.5 | 174.1 | 450.1 | 1,270 | 21.8 | 7,560 | 1.88 | 2.46 | 25.9 | 92 |
| 5,000-5,999----- | 3,650 | 109.7 | 169.9 | 429.6 | 1,259 | 21.1 | 8,540 | 1.81 | 2.52 | 25.8 | 105 |
| 6,000-6,999----- | 3,922 | 116.4 | 183.8 | 460.2 | 1,325 | 22.9 | 8,940 | 1.93 | 2.68 | 27.4 | 116 |
| 7,000-9,999----- | 3,787 | 115.8 | 179.7 | 436.3 | 1,400 | 21.9 | 8,850 | 1.86 | 2.76 | 26.6 | 122 |
| 10,000 AND OVER---- | 3,886 | 121.3 | 190.4 | 431.9 | 1,267 | 22.4 | 9,140 | 1.85 | 2.73 | 27.8 | 126 |
| RURAL FARM--HOME-PRODUCED FOOD | | | | | | | | | | | |
| ALL HOUSEHOLDS, YEAR-- | 702 | 28.8 | 41.0 | 57.2 | 337 | 4.8 | 3,810 | .41 | .73 | 5.1 | 43 |
| SPRING----- | 674 | 27.7 | 43.4 | 44.4 | 308 | 4.4 | 2,470 | .34 | .66 | 4.4 | 28 |
| SUMMER----- | 739 | 31.4 | 38.7 | 71.0 | 351 | 5.8 | 3,410 | .51 | .80 | 5.9 | 64 |
| FALL----- | 661 | 27.0 | 36.8 | 57.9 | 352 | 4.3 | 5,530 | .37 | .70 | 4.9 | 43 |
| WINTER----- | 741 | 28.6 | 47.1 | 52.5 | 334 | 4.7 | 3,870 | .39 | .73 | 5.0 | 32 |
| UNDER 1,000----- | 664 | 26.2 | 37.6 | 57.9 | 347 | 4.3 | 4,270 | .38 | .69 | 4.4 | 43 |
| 1,000-1,999----- | 856 | 32.9 | 47.6 | 77.8 | 433 | 5.6 | 4,510 | .50 | .87 | 5.5 | 49 |
| 2,000-2,999----- | 702 | 26.8 | 41.6 | 57.7 | 372 | 4.3 | 3,870 | .39 | .75 | 4.5 | 41 |
| 3,000-3,999----- | 615 | 25.4 | 35.8 | 50.5 | 302 | 4.4 | 3,410 | .37 | .66 | 4.7 | 40 |
| 4,000-4,999----- | 697 | 28.9 | 42.2 | 53.0 | 312 | 4.6 | 3,090 | .40 | .67 | 5.1 | 37 |
| 5,000-5,999----- | 669 | 27.7 | 40.0 | 52.1 | 302 | 4.7 | 3,660 | .40 | .69 | 5.0 | 42 |
| 6,000-6,999----- | 736 | 31.6 | 42.3 | 60.2 | 276 | 6.0 | 4,340 | .44 | .73 | 6.3 | 52 |
| 7,000-9,999----- | 742 | 33.2 | 44.5 | 54.9 | 344 | 5.6 | 4,060 | .43 | .78 | 5.8 | 50 |
| 10,000 AND OVER---- | 663 | 33.8 | 40.9 | 42.0 | 276 | 5.4 | 3,330 | .39 | .72 | 6.5 | 41 |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 4.--NUTRITIVE VALUE OF DIETS
PER NUTRITION UNIT

SOUTH

BY URBANIZATION

| SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 | AVERAGE PER DAY | | | | | | | |
|---|-----------------|---------|---------|------|-----------------------|---------|-----------------|------------------|
| | FOOD ENERGY | PROTEIN | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO- FLAVIN | ASCORBIC ACID |
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) |
| | CAL | G | MG | MG | IU | MG | MG | MG |
| ALL URBANIZATIONS | | | | | | | | |
| ALL HOUSEHOLDS, YEAR-- | 4,438 | 121.0 | 1,012 | 16.5 | 8,430 | 2.13 | 2.95 | 106 |
| SPRING----- | 4,462 | 121.9 | 1,014 | 16.4 | 7,710 | 2.14 | 2.97 | 100 |
| SUMMER----- | 4,420 | 119.5 | 988 | 16.2 | 8,280 | 2.13 | 2.92 | 109 |
| FALL----- | 4,543 | 124.3 | 1,041 | 17.0 | 9,590 | 2.18 | 3.01 | 105 |
| WINTER----- | 4,329 | 118.2 | 1,007 | 16.3 | 8,150 | 2.08 | 2.91 | 110 |
| UNDER 1,000----- | 4,690 | 114.4 | 1,061 | 17.3 | 8,200 | 2.26 | 2.92 | 94 |
| 1,000-1,999----- | 4,501 | 112.2 | 1,022 | 17.4 | 8,200 | 2.24 | 2.94 | 92 |
| 2,000-2,999----- | 4,255 | 108.7 | 950 | 16.6 | 7,840 | 2.14 | 2.71 | 88 |
| 3,000-3,999----- | 4,356 | 116.0 | 985 | 16.5 | 8,220 | 2.12 | 2.83 | 92 |
| 4,000-4,999----- | 4,399 | 121.5 | 977 | 16.1 | 7,980 | 2.14 | 2.88 | 96 |
| 5,000-5,999----- | 4,490 | 126.2 | 1,019 | 16.6 | 8,790 | 2.13 | 3.05 | 109 |
| 6,000-6,999----- | 4,407 | 122.6 | 989 | 16.3 | 8,150 | 2.10 | 2.92 | 109 |
| 7,000-7,999----- | 4,504 | 128.3 | 1,025 | 16.1 | 8,850 | 2.16 | 3.01 | 117 |
| 8,000-8,999----- | 4,504 | 128.0 | 1,021 | 16.0 | 9,210 | 2.06 | 3.08 | 123 |
| 9,000-9,999----- | 4,304 | 125.0 | 1,003 | 15.6 | 7,810 | 2.01 | 2.96 | 119 |
| 10,000-14,999----- | 4,540 | 131.9 | 1,095 | 16.1 | 9,170 | 2.11 | 3.22 | 134 |
| 15,000 AND OVER---- | 4,557 | 132.5 | 1,036 | 15.9 | 9,210 | 2.11 | 3.14 | 142 |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 4.--NUTRITIVE VALUE OF DIETS
PER NUTRITION UNIT--CONTINUED

SOUTH

BY ORGANIZATION

| SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 | AVERAGE PER DAY | | | | | | | |
|---|-----------------|---------|---------|------|-----------------------|---------|-----------------|------------------|
| | FOOD ENERGY | PROTEIN | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO- FLAVIN | ASCORBIC ACID |
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) |
| URBAN | CAL | G | MG | MG | IU | MG | MG | MG |
| ALL HOUSEHOLDS, YEAR-- | 4,288 | 120.5 | 958 | 15.6 | 8,540 | 2.03 | 2.91 | 109 |
| SPRING----- | 4,362 | 123.0 | 970 | 16.0 | 8,290 | 2.08 | 2.97 | 106 |
| SUMMER----- | 4,209 | 117.7 | 927 | 15.1 | 8,440 | 1.99 | 2.82 | 107 |
| FALL----- | 4,441 | 124.2 | 988 | 16.3 | 9,530 | 2.09 | 3.00 | 108 |
| WINTER----- | 4,162 | 117.4 | 953 | 15.2 | 7,990 | 1.95 | 2.85 | 114 |
| UNDER 1,000----- | 4,494 | 109.1 | 924 | 15.7 | 7,710 | 2.08 | 2.75 | 91 |
| 1,000-1,999----- | 4,261 | 112.2 | 914 | 16.2 | 7,650 | 2.08 | 2.83 | 89 |
| 2,000-2,999----- | 4,196 | 112.5 | 892 | 15.6 | 8,840 | 2.05 | 2.77 | 99 |
| 3,000-3,999----- | 4,118 | 112.1 | 906 | 14.9 | 8,320 | 1.96 | 2.76 | 92 |
| 4,000-4,999----- | 4,165 | 116.9 | 892 | 15.3 | 8,210 | 2.02 | 2.76 | 98 |
| 5,000-5,999----- | 4,311 | 123.9 | 975 | 16.1 | 8,840 | 2.04 | 3.01 | 105 |
| 6,000-6,999----- | 4,243 | 120.8 | 920 | 15.4 | 8,320 | 1.99 | 2.84 | 113 |
| 7,000-7,999----- | 4,483 | 128.2 | 998 | 16.0 | 9,100 | 2.14 | 2.94 | 119 |
| 8,000-8,999----- | 4,497 | 128.5 | 1,013 | 15.9 | 9,260 | 2.05 | 3.06 | 126 |
| 9,000-9,999----- | 4,158 | 122.2 | 975 | 15.0 | 7,370 | 1.90 | 2.87 | 118 |
| 10,000-14,999----- | 4,451 | 132.4 | 1,097 | 15.9 | 9,260 | 2.06 | 3.22 | 135 |
| 15,000 AND OVER---- | 4,208 | 124.8 | 1,001 | 15.0 | 9,090 | 1.96 | 3.00 | 129 |
| RURAL NONFARM | | | | | | | | |
| ALL HOUSEHOLDS, YEAR-- | 4,603 | 122.1 | 1,075 | 17.5 | 8,230 | 2.25 | 3.00 | 104 |
| SPRING----- | 4,568 | 120.8 | 1,065 | 16.8 | 7,110 | 2.19 | 2.94 | 94 |
| SUMMER----- | 4,660 | 121.8 | 1,067 | 17.4 | 8,180 | 2.28 | 3.02 | 112 |
| FALL----- | 4,646 | 125.9 | 1,102 | 18.0 | 9,370 | 2.28 | 3.03 | 101 |
| WINTER----- | 4,535 | 119.7 | 1,067 | 17.7 | 8,230 | 2.25 | 2.98 | 107 |
| UNDER 1,000----- | 4,974 | 121.3 | 1,202 | 19.1 | 8,890 | 2.44 | 3.12 | 103 |
| 1,000-1,999----- | 4,571 | 110.2 | 1,067 | 17.9 | 8,590 | 2.33 | 2.98 | 94 |
| 2,000-2,999----- | 4,276 | 105.4 | 967 | 17.4 | 6,840 | 2.19 | 2.62 | 79 |
| 3,000-3,999----- | 4,564 | 119.9 | 1,089 | 18.4 | 8,140 | 2.25 | 2.84 | 89 |
| 4,000-4,999----- | 4,649 | 128.4 | 1,087 | 17.1 | 7,520 | 2.30 | 3.03 | 92 |
| 5,000-5,999----- | 4,782 | 131.3 | 1,084 | 17.6 | 8,580 | 2.26 | 3.12 | 117 |
| 6,000-6,999----- | 4,533 | 123.5 | 1,067 | 17.5 | 7,500 | 2.22 | 2.97 | 97 |
| 7,000-9,999----- | 4,519 | 128.5 | 1,039 | 16.3 | 8,570 | 2.16 | 3.11 | 115 |
| 10,000 AND OVER---- | 4,862 | 135.8 | 1,095 | 16.8 | 9,020 | 2.27 | 3.25 | 146 |

TABLE 4.--NUTRITIVE VALUE OF DIETS
PER NUTRITION UNIT--CONTINUED

SOUTH

BY URBANIZATION

| SEASON AND MONEY INCOME AFTER TAXES, 1964-1965 (1) | AVERAGE PER DAY | | | | | | | |
|--|-----------------|---------|---------|------|-----------------------|---------|-----------------|------------------|
| | FOOD ENERGY | PROTEIN | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO- FLAVIN | ASCORBIC ACID |
| | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) |
| RURAL FARM--ALL FOOD | CAL | G | MG | MG | IU | MG | MG | MG |
| ALL HOUSEHOLDS, YEAR-- | 4,715 | 119.9 | 1,108 | 17.8 | 8,420 | 2.32 | 3.04 | 99 |
| SPRING----- | 4,663 | 119.1 | 1,101 | 17.5 | 6,490 | 2.31 | 2.98 | 84 |
| SUMMER----- | 4,780 | 122.1 | 1,081 | 18.0 | 7,810 | 2.35 | 3.09 | 114 |
| FALL----- | 4,699 | 119.3 | 1,101 | 17.3 | 10,600 | 2.30 | 3.02 | 100 |
| WINTER----- | 4,707 | 118.4 | 1,166 | 18.4 | 8,950 | 2.32 | 3.06 | 97 |
| UNDER 1,000----- | 4,436 | 109.4 | 1,014 | 16.8 | 7,630 | 2.19 | 2.78 | 80 |
| 1,000-1,999----- | 4,923 | 118.2 | 1,193 | 19.1 | 8,580 | 2.43 | 3.10 | 92 |
| 2,000-2,999----- | 4,361 | 105.9 | 1,084 | 17.5 | 7,350 | 2.24 | 2.76 | 80 |
| 3,000-3,999----- | 4,695 | 120.6 | 1,044 | 18.2 | 8,090 | 2.40 | 3.02 | 95 |
| 4,000-4,999----- | 4,917 | 124.7 | 1,110 | 17.6 | 8,150 | 2.34 | 3.05 | 98 |
| 5,000-5,999----- | 4,697 | 124.1 | 1,100 | 17.1 | 9,150 | 2.25 | 3.10 | 110 |
| 6,000-6,999----- | 5,028 | 131.5 | 1,155 | 18.3 | 9,610 | 2.38 | 3.27 | 123 |
| 7,000-9,999----- | 4,836 | 131.2 | 1,206 | 17.2 | 9,490 | 2.32 | 3.36 | 127 |
| 10,000 AND OVER---- | 4,980 | 137.4 | 1,089 | 17.6 | 9,820 | 2.31 | 3.33 | 133 |
| RURAL FARM--HOME-PRODUCED FOOD | | | | | | | | |
| ALL HOUSEHOLDS, YEAR-- | 916 | 33.0 | 302 | 4.1 | 4,170 | .51 | .90 | 46 |
| SPRING----- | 877 | 31.7 | 276 | 3.7 | 2,690 | .44 | .82 | 29 |
| SUMMER----- | 964 | 36.3 | 312 | 4.8 | 3,740 | .63 | 1.00 | 69 |
| FALL----- | 862 | 31.1 | 311 | 3.6 | 6,050 | .46 | .87 | 46 |
| WINTER----- | 973 | 32.6 | 308 | 4.0 | 4,180 | .49 | .91 | 34 |
| UNDER 1,000----- | 895 | 30.7 | 315 | 3.7 | 4,750 | .48 | .88 | 47 |
| 1,000-1,999----- | 1,146 | 37.9 | 396 | 4.8 | 4,950 | .63 | 1.10 | 53 |
| 2,000-2,999----- | 914 | 30.7 | 348 | 3.8 | 4,230 | .49 | .93 | 43 |
| 3,000-3,999----- | 805 | 29.9 | 272 | 3.7 | 3,840 | .46 | .82 | 44 |
| 4,000-4,999----- | 908 | 32.9 | 273 | 3.8 | 3,330 | .50 | .83 | 40 |
| 5,000-5,999----- | 861 | 31.3 | 263 | 3.8 | 3,920 | .50 | .84 | 44 |
| 6,000-6,999----- | 943 | 35.7 | 241 | 4.8 | 4,670 | .54 | .89 | 55 |
| 7,000-9,999----- | 948 | 37.6 | 297 | 4.4 | 4,360 | .53 | .95 | 52 |
| 10,000 AND OVER---- | 850 | 38.3 | 237 | 4.3 | 3,580 | .48 | .89 | 43 |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 5.—NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP

SOUTH

ALL URBANIZATION

| FOOD GROUP * | AVERAGE PER DAY | | | | | | | | | | |
|------------------------------|-----------------|---------|-------|-------------------|---------|------|-----------------------|---------|-----------------|--------|------------------|
| | FOOD ENERGY | PROTEIN | FAT | CARBO- HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO- FLAVIN | NIACIN | ASCORBIC ACID |
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) |
| | CAL | G | G | G | MG | MG | IU | MG | MG | MG | MG |
| ALL FOOD GROUPS----- | 3,295 | 102.6 | 155.2 | 376.5 | 1,127 | 19.9 | 7,550 | 1.63 | 2.32 | 24.4 | 98 |
| MILK, CREAM, CHEESE----- | 360 | 18.9 | 19.3 | 28.1 | 610 | .2 | 780 | .15 | .82 | .5 | 5 |
| MILK----- | 241 | 13.9 | 11.8 | 19.8 | 473 | * | 480 | .12 | .68 | .4 | 4 |
| CREAM, ICE CREAM----- | 63 | 1.5 | 3.4 | 6.9 | 49 | * | 130 | .01 | .07 | * | * |
| CHEESE----- | 48 | 3.2 | 3.7 | .5 | 81 | .1 | 150 | * | .06 | * | 0 |
| SOUP, MIXTURES----- | 8 | .3 | .3 | .9 | 8 | * | 30 | .01 | .01 | .1 | * |
| MEAT, POULTRY, FISH----- | 687 | 40.3 | 56.7 | .9 | 34 | 5.5 | 1,060 | .33 | .51 | 8.6 | 1 |
| BEEF----- | 231 | 15.8 | 18.2 | * | 9 | 2.3 | 30 | .04 | .13 | 3.0 | 0 |
| BACON, SALT PORK----- | 145 | 1.6 | 15.2 | .2 | 2 | .2 | 0 | .03 | .02 | .3 | 0 |
| OTHER PORK----- | 140 | 6.6 | 12.3 | * | 4 | 1.0 | 0 | .17 | .07 | 1.3 | 0 |
| LIVER----- | 5 | .7 | .1 | .1 | * | .3 | 750 | .01 | .09 | .4 | 1 |
| LUNCHMEAT, FRANKFURTERS----- | 70 | 3.2 | 6.1 | .4 | 2 | .5 | 60 | .04 | .06 | .7 | 0 |
| OTHER MEAT----- | 9 | .9 | .6 | * | 1 | .1 | * | * | .01 | .3 | * |
| POULTRY----- | 61 | 8.0 | 3.0 | * | 5 | .8 | 200 | .02 | .11 | 1.9 | * |
| FISH, SHELLFISH----- | 26 | 3.5 | 1.2 | .2 | 11 | .2 | 20 | .01 | .02 | .7 | * |
| OTHER PROTEIN FOOD----- | 196 | 12.2 | 11.2 | 12.4 | 51 | 2.4 | 610 | .13 | .18 | 1.6 | * |
| EGGS----- | 77 | 6.1 | 5.5 | .4 | 26 | 1.1 | 560 | .04 | .14 | * | 0 |
| DRY LEGUMES----- | 54 | 3.3 | .4 | 9.4 | 18 | 1.0 | 10 | .05 | .03 | .3 | * |
| NUTS, PEANUT BUTTER----- | 53 | 2.0 | 4.7 | 1.6 | 6 | .2 | * | .02 | .01 | 1.1 | * |
| SOUP, MIXTURES----- | 10 | .5 | .5 | .8 | 1 | .1 | 30 | * | .01 | .1 | * |
| ALL VEGETABLES----- | 187 | 6.5 | 2.1 | 38.5 | 88 | 2.7 | 3,610 | .22 | .18 | 2.9 | 48 |
| POTATOES----- | 76 | 1.8 | 1.2 | 14.9 | 7 | .5 | * | .06 | .03 | 1.3 | 10 |
| DARK GREEN----- | 5 | .5 | .1 | .9 | 26 | .3 | 1,040 | .02 | .03 | .1 | 9 |
| DEEP YELLOW----- | 16 | .3 | .1 | 3.8 | 6 | .1 | 1,430 | .01 | .01 | .1 | 2 |
| TOMATOES----- | 20 | .7 | .2 | 4.2 | 7 | .4 | 540 | .03 | .02 | .5 | 10 |
| OTHER----- | 66 | 3.1 | .4 | 14.2 | 41 | 1.3 | 470 | .09 | .08 | .8 | 16 |
| SOUP, MIXTURES----- | 4 | .2 | .1 | .6 | 1 | * | 120 | * | * | .1 | * |
| ALL FRUIT----- | 112 | 1.2 | .4 | 28.2 | 25 | .9 | 630 | .09 | .06 | .7 | 41 |
| CITRUS----- | 33 | .5 | .1 | 8.1 | 13 | .2 | 120 | .05 | .02 | .2 | 31 |
| OTHER VITAMIN C-RICH----- | 3 | .1 | * | .8 | 1 | * | 180 | * | * | * | 3 |
| OTHER----- | 75 | .6 | .3 | 19.2 | 10 | .6 | 330 | .04 | .04 | .4 | 6 |
| MIXTURES----- | * | * | * | * | * | * | * | * | * | * | * |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP--CONTINUED

SOUTH

ALL ORGANIZATION

| FOOD GROUP * | AVERAGE PER DAY | | | | | | | | | | |
|--------------------------------------|-----------------|---------|------|-------------------|---------|------|-----------------------|---------|-----------------|--------|------------------|
| | FOOD ENERGY | PROTEIN | FAT | CARBO- HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO- FLAVIN | NIACIN | ASCORBIC ACID |
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) |
| | CAL | G | G | G | MG | MG | IU | MG | MG | MG | MG |
| GRAIN, ENRICHED OR WHOLE GRAIN----- | 658 | 18.2 | 5.4 | 131.6 | 212 | 5.9 | 20 | .66 | .45 | 5.7 | * |
| FLOUR----- | 181 | 4.9 | .6 | 37.8 | 86 | 1.5 | * | .18 | .13 | 1.6 | 0 |
| CEREAL, PASTES----- | 225 | 5.5 | 1.2 | 47.6 | 54 | 2.3 | 10 | .26 | .14 | 2.0 | * |
| BREAD----- | 198 | 6.4 | 2.3 | 37.1 | 61 | 1.8 | * | .18 | .15 | 1.8 | 0 |
| OTHER BAKERY PRODUCTS----- | 54 | 1.4 | 1.3 | 9.1 | 11 | .3 | 10 | .04 | .03 | .4 | * |
| GRAIN, NOT ENRICHED OR WHOLE GRAIN-- | 237 | 4.2 | 7.6 | 38.6 | 36 | .7 | 80 | .04 | .05 | .5 | * |
| FLOUR----- | 26 | .3 | .7 | 4.8 | 7 | .1 | * | * | * | * | * |
| CEREAL, PASTES----- | 25 | .6 | .2 | 5.1 | 3 | .1 | * | .01 | * | .1 | * |
| BREAD----- | 7 | .2 | .1 | 1.5 | 2 | * | * | * | * | * | 0 |
| OTHER BAKERY PRODUCTS----- | 153 | 2.3 | 5.7 | 23.5 | 20 | .4 | 40 | .02 | .03 | .3 | * |
| SOUP, MIXTURES----- | 27 | .7 | 1.1 | 3.7 | 5 | .1 | 40 | .01 | .01 | .1 | * |
| FATS, OILS----- | 459 | .3 | 51.1 | 1.1 | 6 | * | 720 | * | * | * | * |
| BUTTER----- | 29 | * | 3.3 | * | 1 | .0 | 130 | .00 | .00 | .0 | 0 |
| MARGARINE----- | 123 | .1 | 13.8 | .1 | 3 | .0 | 560 | .00 | .00 | .0 | 0 |
| OIL, SALAD DRESSING----- | 129 | .1 | 14.2 | .9 | 2 | * | 30 | * | * | * | * |
| LARD----- | 82 | * | 9.1 | * | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| VEGETABLE SHORTENING----- | 96 | * | 10.8 | .1 | 0 | .0 | * | .00 | .00 | .0 | 0 |
| SUGAR, SWEETS----- | 362 | .6 | 1.2 | 90.6 | 23 | .7 | 40 | .02 | .02 | .1 | 4 |
| SUGAR, SIRUP, JELLY, CANDY----- | 299 | .4 | 1.2 | 74.5 | 19 | .7 | 10 | .01 | .02 | .1 | * |
| OTHER SWEETS-- | | | | | | | | | | | |
| ADDED VITAMIN C----- | 8 | * | * | 2.2 | 3 | * | 30 | * | * | * | 3 |
| NO ADDED VITAMIN C----- | 54 | .2 | * | 13.9 | 1 | * | * | * | * | * | * |
| OTHER FOOD----- | 38 | .2 | .1 | 6.5 | 42 | .8 | 10 | * | .04 | 3.7 | 0 |
| ALCOHOLIC BEVERAGE----- | 16 | .1 | .0 | .8 | 1 | * | 0 | * | .01 | .1 | 0 |
| SOME NUTRITIVE VALUE----- | 22 | .1 | .1 | 5.8 | 41 | .8 | 10 | * | .04 | 3.6 | 0 |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP

SOUTH

ALL ORGANIZATIONS

| FOOD GROUP † | AVERAGE PER DAY | | | | | | | | | | |
|------------------------------|-----------------|---------|-------|-------------------|---------|------|-----------------------|---------------|-----------------|--------|------------------|
| | FOOD- ENERGY | PROTEIN | FAT | CARBO- HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIA- MINE | RIBO- FLAVIN | NIACIN | ASCORBIC ACID |
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) |
| | CAL | G | G | G | MG | MG | IU | MG | MG | MG | MG |
| ALL FOOD GROUPS----- | 3,314 | 103.3 | 158.0 | 373.8 | 1,130 | 19.8 | 6,910 | 1.62 | 2.33 | 24.0 | 93 |
| MILK, CREAM, CHEESE----- | 364 | 19.2 | 19.3 | 28.8 | 618 | .2 | 780 | .15 | .83 | .5 | 5 |
| MILK----- | 240 | 14.0 | 11.6 | 20.0 | 477 | * | 470 | .12 | .68 | .4 | 4 |
| CREAM, ICE CREAM----- | 68 | 1.6 | 3.6 | 7.5 | 52 | * | 140 | .02 | .07 | * | * |
| CHEESE----- | 49 | 3.3 | 3.8 | .5 | 81 | .1 | 150 | * | .06 | * | 0 |
| SOUP, MIXTURES----- | 7 | .2 | .3 | .8 | 7 | * | 20 | * | .01 | * | * |
| MEAT, POULTRY, FISH----- | 706 | 41.1 | 58.4 | 1.0 | 34 | 5.5 | 1,070 | .34 | .52 | 8.5 | * |
| BEEF----- | 234 | 15.9 | 18.4 | * | 9 | 2.4 | 30 | .04 | .13 | 3.0 | 0 |
| BACON, SALT PORK----- | 155 | 1.8 | 16.3 | .2 | 3 | .3 | 0 | .03 | .02 | .3 | 0 |
| OTHER PORK----- | 147 | 7.1 | 12.9 | * | 4 | 1.1 | 0 | .18 | .08 | 1.4 | 0 |
| LIVER----- | 5 | .7 | .2 | .1 | * | .3 | 770 | * | .09 | .4 | * |
| LUNCHMEAT, FRANKFURTERS----- | 73 | 3.3 | 6.4 | .4 | 2 | .5 | 50 | .04 | .06 | .7 | 0 |
| OTHER MEAT----- | 7 | .7 | .4 | * | * | * | * | * | .01 | .2 | * |
| POULTRY----- | 57 | 7.6 | 2.7 | * | 5 | .7 | 200 | .02 | .11 | 1.8 | * |
| FISH, SHELLFISH----- | 28 | 4.0 | 1.2 | .2 | 11 | .2 | 20 | .01 | .02 | .7 | * |
| OTHER PROTEIN FOOD----- | 196 | 12.7 | 10.8 | 12.7 | 53 | 2.5 | 650 | .12 | .19 | 1.5 | * |
| EGGS----- | 83 | 6.6 | 5.9 | .5 | 27 | 1.2 | 600 | .05 | .14 | * | 0 |
| DRY LEGUMES----- | 57 | 3.5 | .5 | 9.9 | 19 | 1.1 | 10 | .05 | .03 | .3 | * |
| NUTS, PEANUT BUTTER----- | 45 | 1.8 | 3.9 | 1.4 | 5 | .2 | * | .02 | * | 1.0 | * |
| SOUP, MIXTURES----- | 9 | .6 | .5 | .7 | 1 | * | 30 | * | * | * | * |
| ALL VEGETABLES----- | 166 | 5.8 | 2.0 | 34.2 | 83 | 2.5 | 3,050 | .19 | .17 | 2.6 | 44 |
| POTATOES----- | 71 | 1.7 | 1.1 | 14.0 | 6 | .5 | * | .06 | .03 | 1.2 | 9 |
| DARK GREEN----- | 5 | .5 | * | .8 | 25 | .3 | 1,000 | .01 | .03 | .1 | 9 |
| DEEP YELLOW----- | 8 | .1 | * | 1.9 | 4 | * | 960 | * | * | * | 1 |
| TOMATOES----- | 18 | .6 | .2 | 3.9 | 6 | .4 | 490 | .03 | .02 | .4 | 9 |
| OTHER----- | 60 | 2.7 | .4 | 13.1 | 41 | 1.2 | 490 | .08 | .08 | .7 | 16 |
| SOUP, MIXTURES----- | 4 | .2 | .1 | .5 | * | * | 110 | * | * | * | * |
| ALL FRUIT----- | 102 | 1.1 | .3 | 25.8 | 23 | .8 | 490 | .08 | .05 | .6 | 39 |
| CITRUS----- | 30 | .5 | * | 7.4 | 12 | .2 | 110 | .05 | .02 | .2 | 29 |
| OTHER VITAMIN C-RICH----- | 5 | * | * | 1.2 | 2 | * | 150 | * | * | * | 5 |
| OTHER----- | 67 | .5 | .2 | 17.1 | 9 | .6 | 240 | .03 | .03 | .3 | 5 |
| MIXTURES----- | * | * | * | * | * | * | * | * | * | * | * |

† SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP--CONTINUED

SOUTH

ALL ORGANIZATIONS

| FOOD GROUP ‡ | AVERAGE PER DAY | | | | | | | | | | |
|--------------------------------------|-----------------|---------|------|---------------|---------|------|-----------------|-----------|-------------|--------|---------------|
| | FOOD ENERGY | PROTEIN | FAT | CARBO-HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIA-MINE | RIBO-FLAVIN | NIACIN | ASCORBIC ACID |
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) |
| | CAL | G | G | G | MG | MG | IU | MG | MG | MG | MG |
| GRAIN, ENRICHED OR WHOLE GRAIN----- | 664 | 18.3 | 5.5 | 132.9 | 210 | 6.0 | 20 | .67 | .46 | 5.8 | * |
| FLOUR----- | 179 | 4.9 | .6 | 37.4 | 83 | 1.5 | * | .18 | .12 | 1.6 | 0 |
| CEREAL, PASTES----- | 232 | 5.7 | 1.1 | 49.4 | 54 | 2.4 | 20 | .27 | .15 | 2.2 | * |
| BREAD----- | 197 | 6.4 | 2.3 | 36.9 | 61 | 1.8 | * | .18 | .15 | 1.8 | 0 |
| OTHER BAKERY PRODUCTS----- | 56 | 1.4 | 1.5 | 9.2 | 12 | .3 | * | .04 | .03 | .4 | * |
| GRAIN, NOT ENRICHED OR WHOLE GRAIN-- | 235 | 4.1 | 7.7 | 38.0 | 36 | .6 | 70 | .04 | .05 | .5 | * |
| FLOUR----- | 29 | .4 | .7 | 5.4 | 8 | * | * | * | * | * | * |
| CEREAL, PASTES----- | 18 | .5 | .1 | 3.7 | 2 | * | * | * | * | * | * |
| BREAD----- | 8 | .3 | * | 1.6 | 2 | * | * | * | * | * | 0 |
| OTHER BAKERY PRODUCTS----- | 154 | 2.3 | 5.7 | 23.7 | 20 | .4 | 40 | .02 | .03 | .2 | * |
| SOUP, MIXTURES----- | 26 | .6 | 1.0 | 3.6 | 5 | * | 30 | * | * | .1 | * |
| FATS, OILS----- | 471 | .3 | 52.5 | 1.2 | 6 | * | 730 | * | * | * | * |
| BUTTER----- | 29 | * | 3.3 | * | * | .0 | 140 | .00 | .00 | .0 | 0 |
| MARGARINE----- | 124 | .1 | 14.0 | * | 3 | .0 | 570 | .00 | .00 | .0 | 0 |
| OIL, SALAD DRESSING----- | 135 | .1 | 14.8 | .9 | 2 | * | 30 | * | * | * | * |
| LARD----- | 89 | * | 9.8 | * | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| VEGETABLE SHORTENING----- | 94 | * | 10.5 | .2 | 0 | .0 | * | .00 | .00 | .0 | 0 |
| SUGAR, SWEETS----- | 372 | .7 | 1.5 | 92.7 | 24 | .7 | 40 | .02 | .02 | .2 | 4 |
| SUGAR, SIRUP, JELLY, CANDY----- | 311 | .5 | 1.4 | 76.9 | 21 | .7 | * | .01 | .02 | .1 | * |
| OTHER SWEETS-- | | | | | | | | | | | |
| ADDED VITAMIN C----- | 9 | * | * | 2.3 | 2 | * | 30 | * | * | * | 3 |
| NO ADDED VITAMIN C----- | 52 | .2 | * | 13.5 | 1 | * | * | * | * | * | * |
| OTHER FOOD----- | 38 | .2 | .1 | 6.6 | 42 | .8 | 10 | * | .04 | 3.8 | 0 |
| ALCOHOLIC BEVERAGE----- | 16 | * | .0 | .9 | 1 | * | 0 | * | * | .1 | 0 |
| SOME NUTRITIVE VALUE----- | 22 | .1 | .1 | 5.7 | 41 | .8 | 10 | * | .04 | 3.6 | 0 |

‡ SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 3.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP

SOUTH

ALL ORGANIZATION

| FOOD GROUP * | AVERAGE PER DAY | | | | | | | | | | |
|------------------------------|-----------------|---------|-------|---------------|---------|------|-----------------|---------|-------------|--------|---------------|
| | FOOD ENERGY | PROTEIN | FAT | CARBO-HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO-FLAVIN | NIACIN | ASCORBIC ACID |
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) |
| | CAL | G | G | G | MG | MG | IU | MG | MG | MG | MG |
| ALL FOOD GROUPS----- | 3,278 | 101.2 | 153.3 | 379.1 | 1,097 | 19.5 | 7,410 | 1.63 | 2.29 | 24.1 | 102 |
| MILK, CREAM, CHEESE----- | 362 | 18.6 | 19.5 | 28.6 | 599 | .2 | 790 | .15 | .81 | .5 | 5 |
| MILK----- | 233 | 13.4 | 11.6 | 19.0 | 454 | * | 470 | .12 | .65 | .4 | 4 |
| CREAM, ICE CREAM----- | 75 | 1.8 | 4.0 | 8.2 | 58 | * | 140 | .02 | .08 | * | * |
| CHEESE----- | 46 | 3.1 | 3.6 | .4 | 78 | .1 | 150 | * | .06 | * | 0 |
| SOUP, MIXTURES----- | 9 | .3 | .4 | .9 | 9 | .1 | 30 | .01 | .02 | .1 | 1 |
| MEAT, POULTRY, FISH----- | 679 | 39.6 | 56.1 | .9 | 33 | 5.3 | 1,030 | .32 | .49 | 8.3 | 1 |
| BEEF----- | 231 | 15.8 | 18.1 | * | 9 | 2.4 | 30 | .04 | .13 | 3.0 | 0 |
| BACON, SALT PORK----- | 151 | 1.7 | 15.9 | .2 | 2 | .2 | 0 | .03 | .02 | .3 | 0 |
| OTHER PORK----- | 131 | 6.3 | 11.5 | * | 4 | .9 | 0 | .16 | .07 | 1.2 | 0 |
| LIVER----- | 4 | .5 | .1 | .1 | * | .2 | 710 | * | .08 | .3 | 1 |
| LUNCHMEAT, FRANKFURTERS----- | 74 | 3.4 | 6.4 | .4 | 2 | .5 | 70 | .05 | .06 | .8 | 0 |
| OTHER MEAT----- | 7 | .7 | .5 | * | * | .1 | * | * | .01 | .2 | * |
| POULTRY----- | 55 | 7.7 | 2.5 | * | 5 | .7 | 200 | .02 | .11 | 1.8 | * |
| FISH, SHELLFISH----- | 26 | 3.5 | 1.2 | .1 | 10 | .2 | 30 | .01 | .02 | .7 | * |
| OTHER PROTEIN FOOD----- | 180 | 11.4 | 10.3 | 11.2 | 47 | 2.2 | 590 | .11 | .17 | 1.5 | * |
| EGGS----- | 75 | 5.9 | 5.3 | .4 | 25 | 1.1 | 540 | .04 | .13 | * | 0 |
| DRY LEGUMES----- | 48 | 3.0 | .4 | 8.4 | 16 | .9 | 10 | .05 | .02 | .3 | * |
| NUTS, PEANUT BUTTER----- | 46 | 1.9 | 4.0 | 1.5 | 5 | .2 | * | .02 | .01 | 1.1 | * |
| SOUP, MIXTURES----- | 10 | .5 | .5 | .8 | 1 | .1 | 30 | * | .01 | .1 | * |
| ALL VEGETABLES----- | 202 | 7.6 | 2.4 | 41.3 | 88 | 2.9 | 2,900 | .26 | .21 | 3.2 | 53 |
| POTATOES----- | 76 | 1.8 | 1.3 | 14.6 | 7 | .5 | * | .06 | .03 | 1.3 | 9 |
| DARK GREEN----- | 3 | .3 | * | .6 | 15 | .2 | 640 | .01 | .02 | .1 | 7 |
| DEEP YELLOW----- | 9 | .2 | * | 2.0 | 3 | .1 | 890 | .01 | .01 | .1 | 1 |
| TOMATOES----- | 24 | .9 | .3 | 5.2 | 10 | .5 | 720 | .05 | .03 | .6 | 15 |
| OTHER----- | 87 | 4.3 | .6 | 18.4 | 52 | 1.6 | 550 | .13 | .12 | 1.1 | 20 |
| SOUP, MIXTURES----- | 3 | .1 | .1 | .5 | 1 | * | 100 | * | * | * | * |
| ALL FRUIT----- | 112 | 1.4 | .4 | 28.1 | 24 | 1.1 | 1,300 | .09 | .07 | .8 | 39 |
| CITRUS----- | 25 | .4 | .1 | 6.2 | 8 | .2 | 80 | .04 | .01 | .2 | 23 |
| OTHER VITAMIN C-RICH----- | 5 | .1 | * | 1.3 | 2 | .1 | 510 | .01 | .01 | .1 | 5 |
| OTHER----- | 81 | .8 | .3 | 20.6 | 14 | .8 | 710 | .05 | .05 | .6 | 10 |
| MIXTURES----- | * | * | * | * | * | * | * | * | * | * | * |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP--CONTINUED

SOUTH

ALL URBANIZATIONS

| FOOD GROUP * | AVERAGE PER DAY | | | | | | | | | | |
|--------------------------------------|-----------------|---------|------|---------------|---------|------|-----------------|---------|-------------|--------|---------------|
| | FOOD ENERGY | PROTEIN | FAT | CARBO-HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO-FLAVIN | NIACIN | ASCORBIC ACID |
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) |
| | CAL | G | G | G | MG | MG | IU | MG | MG | MG | MG |
| GRAIN, ENRICHED OR WHOLE GRAIN----- | 633 | 17.5 | 5.2 | 126.6 | 203 | 5.6 | 20 | .64 | .44 | 5.6 | * |
| FLOUR----- | 163 | 4.4 | .6 | 34.1 | 79 | 1.3 | * | .16 | .11 | 1.4 | 0 |
| CEREAL, PASTES----- | 214 | 5.1 | 1.0 | 45.5 | 51 | 2.1 | 10 | .24 | .13 | 1.9 | * |
| BREAD----- | 203 | 6.6 | 2.4 | 38.0 | 63 | 1.9 | * | .19 | .16 | 1.8 | 0 |
| OTHER BAKERY PRODUCTS----- | 54 | 1.4 | 1.3 | 9.1 | 11 | .3 | 10 | .04 | .03 | .4 | * |
| GRAIN, NOT ENRICHED OR WHOLE GRAIN-- | 244 | 4.2 | 7.8 | 39.7 | 38 | .6 | 70 | .04 | .05 | .5 | * |
| FLOUR----- | 27 | .4 | .7 | 5.0 | 7 | * | * | * | * | * | 0 |
| CEREAL, PASTES----- | 26 | .6 | .2 | 5.4 | 4 | .1 | * | .01 | * | .1 | 0 |
| BREAD----- | 7 | .2 | * | 1.4 | 2 | * | * | * | * | * | 0 |
| OTHER BAKERY PRODUCTS----- | 160 | 2.4 | 5.9 | 24.5 | 21 | .4 | 40 | .02 | .03 | .3 | * |
| SOUP, MIXTURES----- | 25 | .6 | 1.0 | 3.4 | 4 | .1 | 30 | .01 | .01 | .1 | * |
| FATS, OILS----- | 453 | .3 | 50.5 | 1.1 | 6 | * | 670 | * | * | * | * |
| BUTTER----- | 26 | * | 2.9 | * | 1 | .0 | 120 | .00 | .00 | .0 | 0 |
| MARGARINE----- | 115 | .1 | 12.9 | .1 | 3 | .0 | 530 | .00 | .00 | .0 | 0 |
| OIL, SALAD DRESSING----- | 138 | .1 | 15.1 | .9 | 2 | * | 30 | * | * | * | * |
| LARD----- | 76 | * | 8.4 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| VEGETABLE SHORTENING----- | 98 | * | 11.1 | .1 | 0 | .0 | * | .00 | .00 | .0 | 0 |
| SUGAR, SWEETS----- | 377 | .6 | 1.0 | 95.4 | 21 | .7 | 30 | .01 | .02 | .1 | 4 |
| SUGAR, SIRUP, JELLY, CANDY----- | 303 | .3 | .9 | 76.1 | 16 | .6 | * | .01 | .02 | .1 | * |
| OTHER SWEETS-- | | | | | | | | | | | |
| ADDED VITAMIN C----- | 12 | * | * | 3.0 | 4 | * | 30 | * | * | * | 3 |
| NO ADDED VITAMIN C----- | 63 | .2 | * | 16.3 | 1 | * | * | * | * | * | * |
| OTHER FOOD----- | 36 | .2 | .1 | 6.2 | 39 | .7 | 10 | * | .04 | 3.6 | 0 |
| ALCOHOLIC BEVERAGE----- | 15 | .1 | .0 | .9 | 1 | * | 0 | * | .01 | .1 | 0 |
| SOME NUTRITIVE VALUE----- | 21 | .1 | .1 | 5.3 | 37 | .7 | 10 | * | .04 | 3.4 | 0 |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 5.--NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP

SOUTH

ALL ORGANIZATIONS

| FOOD GROUP * | AVERAGE PER DAY | | | | | | | | | | |
|------------------------------|-----------------|---------|-------|---------------|---------|------|-----------------|---------|-------------|--------|---------------|
| | FOOD ENERGY | PROTEIN | FAT | CARBO-HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO-FLAVIN | NIACIN | ASCORBIC ACID |
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) |
| | CAL | G | G | G | MG | MG | IU | MG | MG | MG | MG |
| ALL FOOD GROUPS----- | 3,380 | 105.7 | 158.8 | 386.6 | 1,159 | 20.6 | 8,620 | 1.67 | 2.37 | 25.7 | 97 |
| MILK, CREAM, CHEESE----- | 359 | 19.0 | 19.5 | 27.4 | 613 | .2 | 790 | .15 | .82 | .5 | 5 |
| MILK----- | 242 | 13.9 | 12.1 | 19.8 | 473 | * | 490 | .12 | .68 | .4 | 4 |
| CREAM, ICE CREAM----- | 58 | 1.4 | 3.2 | 6.3 | 45 | * | 120 | .01 | .06 | * | * |
| CHEESE----- | 51 | 3.4 | 4.0 | .5 | 87 | .1 | 160 | * | .06 | * | 0 |
| SOUP, MIXTURES----- | 8 | .3 | .3 | .9 | 8 | * | 30 | .01 | .01 | .1 | * |
| MEAT, POULTRY, FISH----- | 707 | 42.3 | 57.9 | 1.0 | 36 | 5.7 | 1,210 | .33 | .55 | 9.3 | 1 |
| BEEF----- | 234 | 15.9 | 18.4 | * | 9 | 2.4 | 30 | .04 | .13 | 3.0 | 0 |
| BACON, SALT PORK----- | 138 | 1.5 | 14.5 | .2 | 2 | .2 | 0 | .03 | .02 | .3 | 0 |
| OTHER PORK----- | 140 | 6.4 | 12.5 | * | 4 | 1.0 | 0 | .17 | .07 | 1.3 | 0 |
| LIVER----- | 6 | .8 | .2 | .2 | * | .5 | 890 | .01 | .12 | .5 | 1 |
| LUNCHMEAT, FRANKFURTERS----- | 70 | 3.2 | 6.1 | .4 | 2 | .5 | 50 | .04 | .06 | .7 | 0 |
| OTHER MEAT----- | 13 | 1.4 | .8 | * | 1 | .1 | * | .01 | .01 | .5 | * |
| POULTRY----- | 78 | 9.5 | 4.2 | * | 6 | .9 | 220 | .03 | .12 | 2.4 | * |
| FISH, SHELLFISH----- | 27 | 3.5 | 1.2 | .2 | 11 | .2 | 20 | .01 | .02 | .7 | * |
| OTHER PROTEIN FOOD----- | 210 | 12.4 | 12.6 | 12.7 | 53 | 2.5 | 590 | .13 | .18 | 1.8 | * |
| EGGS----- | 76 | 6.0 | 5.3 | .4 | 25 | 1.1 | 550 | .04 | .13 | * | 0 |
| DRY LEGUMES----- | 53 | 3.3 | .4 | 9.4 | 18 | 1.0 | 10 | .05 | .02 | .3 | * |
| NUTS, PEANUT BUTTER----- | 70 | 2.5 | 6.3 | 2.0 | 8 | .3 | * | .04 | .02 | 1.3 | * |
| SOUP, MIXTURES----- | 9 | .5 | .5 | .7 | 1 | .1 | 30 | * | .01 | .1 | * |
| ALL VEGETABLES----- | 200 | 6.5 | 2.2 | 41.4 | 98 | 2.7 | 4,770 | .22 | .19 | 2.9 | 50 |
| POTATOES----- | 82 | 1.9 | 1.3 | 16.1 | 7 | .6 | * | .07 | .03 | 1.4 | 10 |
| DARK GREEN----- | 7 | .7 | .1 | 1.2 | 38 | .4 | 1,440 | .02 | .05 | .2 | 13 |
| DEEP YELLOW----- | 31 | .5 | .1 | 7.2 | 10 | .2 | 2,340 | .02 | .02 | .2 | 4 |
| TOMATOES----- | 18 | .6 | .2 | 3.8 | 5 | .4 | 460 | .03 | .02 | .4 | 8 |
| OTHER----- | 58 | 2.6 | .4 | 12.5 | 36 | 1.2 | 400 | .07 | .07 | .7 | 14 |
| SOUP, MIXTURES----- | 4 | .2 | .1 | .6 | 1 | * | 130 | * | * | .1 | * |
| ALL FRUIT----- | 117 | 1.1 | .4 | 29.6 | 24 | .8 | 340 | .09 | .05 | .6 | 38 |
| CITRUS----- | 34 | .5 | .1 | 8.4 | 14 | .2 | 120 | .06 | .02 | .2 | 32 |
| OTHER VITAMIN C-RICH----- | 1 | * | * | .4 | * | * | 30 | * | * | * | 1 |
| OTHER----- | 81 | .6 | .3 | 20.8 | 10 | .6 | 180 | .04 | .03 | .4 | 5 |
| MIXTURES----- | * | * | * | * | * | * | * | * | * | * | * |

* SEE NOTES FOLLOWING WEST, TABLE 18.

TABLE 5. NUTRITIVE VALUE OF DIETS PER PERSON
BY FOOD GROUP--CONTINUED

SOUTH

ALL URBANIZATION

| FOOD GROUP * | AVERAGE PER DAY | | | | | | | | | | |
|--------------------------------------|-----------------|---------|------|---------------|---------|------|-----------------|---------|-------------|--------|---------------|
| | FOOD ENERGY | PROTEIN | FAT | CARBO-HYDRATE | CALCIUM | IRON | VITAMIN A VALUE | THIAMIN | RIBO-FLAVIN | NIACIN | ASCORBIC ACID |
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) |
| | CAL | G | G | G | MG | MG | IU | MG | MG | MG | MG |
| GRAIN, ENRICHED OR WHOLE GRAIN----- | 681 | 19.0 | 5.5 | 136.4 | 221 | 6.1 | 20 | .68 | .46 | 5.9 | * |
| FLOUR----- | 198 | 5.4 | .6 | 41.5 | 95 | 1.6 | * | .19 | .14 | 1.7 | 0 |
| CEREAL, PASTES----- | 227 | 5.7 | 1.2 | 48.0 | 52 | 2.3 | 10 | .26 | .14 | 2.0 | * |
| BREAD----- | 205 | 6.7 | 2.4 | 38.4 | 64 | 1.9 | * | .19 | .16 | 1.8 | 0 |
| OTHER BAKERY PRODUCTS----- | 51 | 1.3 | 1.3 | 8.6 | 11 | .3 | 10 | .04 | .03 | .3 | * |
| GRAIN, NOT ENRICHED OR WHOLE GRAIN-- | 248 | 4.4 | 7.8 | 40.7 | 38 | .7 | 110 | .05 | .05 | .6 | * |
| FLOUR----- | 26 | .3 | .7 | 4.9 | 7 | .1 | * | * | * | * | * |
| CEREAL, PASTES----- | 34 | .8 | .3 | 7.0 | 4 | .1 | * | .02 | .01 | .1 | 0 |
| BREAD----- | 7 | .2 | * | 1.4 | 2 | * | * | * | * | * | 0 |
| OTHER BAKERY PRODUCTS----- | 151 | 2.3 | 5.5 | 23.3 | 20 | .4 | 40 | .02 | .03 | .2 | * |
| SOUP, MIXTURES----- | 31 | .8 | 1.3 | 4.1 | 5 | .1 | 70 | .01 | .01 | .1 | * |
| FATS, OILS----- | 461 | .3 | 51.5 | 1.0 | 6 | * | 740 | * | * | * | * |
| BUTTER----- | 31 | * | 3.6 | * | 1 | .0 | 150 | .00 | .00 | .0 | 0 |
| MARGARINE----- | 125 | .1 | 14.1 | .1 | 3 | .0 | 570 | .00 | .00 | .0 | 0 |
| OIL, SALAD DRESSING----- | 113 | .1 | 12.4 | .8 | 2 | * | 20 | * | * | * | * |
| LARD----- | 99 | * | 10.9 | .0 | 0 | .0 | 0 | .00 | .00 | .0 | 0 |
| VEGETABLE SHORTENING----- | 94 | * | 10.5 | .1 | 0 | .0 | * | .00 | .00 | .0 | 0 |
| SUGAR, SWEETS----- | 359 | .6 | 1.2 | 89.9 | 24 | .8 | 40 | .02 | .02 | .1 | 3 |
| SUGAR, SIRUP, JELLY, CANDY----- | 304 | .4 | 1.2 | 75.8 | 21 | .8 | 10 | .01 | .02 | .1 | * |
| OTHER SWEETS-- | | | | | | | | | | | |
| ADDED VITAMIN C----- | 6 | * | * | 1.5 | 2 | * | 40 | * | * | * | 3 |
| NO ADDED VITAMIN C----- | 49 | .2 | * | 12.7 | 1 | * | * | * | * | * | * |
| OTHER FOOD----- | 38 | .2 | .1 | 6.6 | 48 | .9 | 20 | .01 | .05 | 3.9 | 0 |
| ALCOHOLIC BEVERAGE----- | 15 | * | .0 | .6 | 1 | * | 0 | * | * | .1 | 0 |
| SOME NUTRITIVE VALUE----- | 23 | .1 | .1 | 6.0 | 47 | .9 | 20 | .01 | .04 | 3.8 | 0 |

* SEE NOTES FOLLOWING WEST, TABLE 18.

